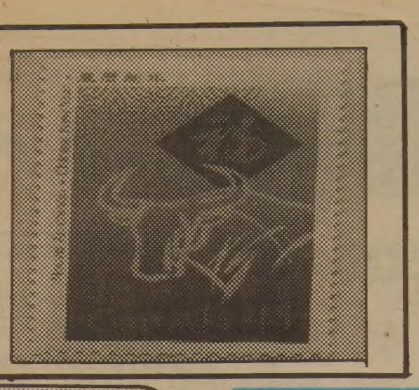

The year of the Ox, Page 5

Making the crowd laugh, Larry Horowitz, Page 12

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NIAGARA NEWS

VOLUME 27, NO. 8 —FREE— JAN. 24, 1997

NIAGARA COLLEGE
Applied Arts and Technology
WELLAND CAMPUS
LEARNING RESOURCE CENTRE

Check it out! "Fitness Opportunities for College Students" in next week's edition

SAC president resigns from STEC committee

By ADAM KIESWETTER
Staff Writer

Fed up with Student Administrative Council's (SAC) dismal attendance at Student Technology Enhancement Committee (STEC) meetings, SAC President Jason Chase has officially resigned as the committee's chairperson.

SAC members representing the student body at technology planning meetings with the college administration, have "betrayed" students by their poor turnout to the meetings, says Chase.

Chase threatened in November to resign his position as chair if the rest of council didn't attempt to fulfil their obligation by attending the meetings.

"I've felt a conflict of interest. As chair I'm biased because I'm forced to represent students because of the lack of student representation by the rest of council."

Don Woodruff, SAC executive vice-president, will temporarily serve as chairperson until STEC appoints a new chair.

The $70 technology fee tacked onto students' tuition for the first time this past fall, accumulated into a $350,000 nest egg which paid for the new open access Pentium computer lab at the Welland campus, and two smaller labs at the St. Catharines campus and Maid of the Mist Centre.

STEC was formed to plan how the $350,000 would be best spent. In addition to Chase, who served as chair of STEC, the contract requires there be three additional members of SAC at the meetings. To date, the only SAC members who have attended the meetings have been Chase, and Don Woodruff, SAC executive vice-president.

The push for both the technology fee and a strong student voice in deciding how the collected funds are to be spent was largely due to last year's SAC. "They wanted it to be SAC's responsibility because it was students' money," says Chase, who is student council's highest official.

He says whether they were acclaimed or elected, this year's SAC knew their responsibilities when they came to office and should be making more of an effort to attend the meetings.

Yet some members of SAC claim they have too much on their plates already.

Although SAC was informed a

(Continued on page 3)

Cooking up a storm

Volunteers Fred and Rosemary Sieber from Community Resource and Action Centre in Welland prepare sandwiches for people coming in from the cold. Inset: Shelves of canned food are donated to the Open Arms Mission (food bank) on Fifth Street in Welland. For more coverage see this week's *IN THE SPOTLIGHT* on pages 10 and 11.

Photo by Samantha Goldwin, Inset Photo by Samantha Goldwin

Rogers heats up

By KERI-LYNN SMITH
Staff Writer

Everyone needs a little warming up this time of year.

Rogers Community 10, at Niagara College's Welland campus, is turning up the heat with a new show.

Rogers Magazine, a half-hour magazine-style show, features various segments on local political and community issues.

Ian Tudor, Rogers Magazine's executive producer, says the show will offer a "behind the scenes look at news."

Tudor was also executive producer of Rogers News Magazine, which ran from September to November last year.

"We found it difficult to sustain the pace of a daily news show with the resources we had," he says, adding, "I think we have a format now that's workable in equipment terms, and in terms of utilities and resources."

The show is feature oriented with segments going "beyond just the headline of a story," says Tudor.

Local Agenda and Postscript are two portions aimed at "hot political issues" and "hot topics in the community."

A segment will be dedicated to local heros — people who've made a difference to the community. Also covered will be Niagara Region events.

Tudor says transitions between segments will provide relevant information such as upcoming fund-raising events.

(Continued on page 3)

Unique education on-line

By PENNI TONEGUZZO
Staff Writer

A unique computer course will soon be offered by Continuing Education at Niagara College.

Called Consortion Contact South, the course will involve eight other colleges in Ontario.

The program consists of collective development courses that are delivered on-line.

"It enables students to take a course through their computer," said Foster Zanutto, Niagara College's director of Continuing Education.

Each college will choose a course or courses from their current curriculum to offer on-line. Niagara College will be offering five.

Zanutto said he expects all 25 colleges in Ontario to join.

In the Continuing Education calendar for September 1997, Niagara College will advertise the courses the other colleges will be delivering on-line.

"You sign up through Niagara College in any course from any college, but your instructor may be in Ottawa," said Zanutto.

Marti Jurmain, director of the college's New Product Development department, and Maria Canham, of the same department, have been working with Zanutto on the program.

Zanutto said he doesn't expect a large enrolment at first "simply because students may not have the sources or they may not want to learn on a computer."

To join the program, students need a 386 computer and access to the Internet. Tuition for the program is $164.25.

"We're creating a virtual college to serve the new market," said Zanutto.

The other colleges involved include Algonquin in Nepean, Centennial in Scarborough, Durham in Oshawa, Georgian in Barrie, Loyalist in Belleville, Sir Sandford Fleming in Peterborough and Seneca in North York.

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PROFILES

Canadian Tire Acceptance Ltd. president holds position on Board of Governors

This is the third in a series of articles featuring members of the Niagara College Board of Governors

By HEATHER BURTON
Staff Writer

He's the president of a company and is a Niagara College governor on the side.

Tom Gauld, of St. Catharines, says, "If you want to do something, you make time for it and have confidence in the people you work with."

Gauld is president of Canadian Tire Acceptance Ltd., in Welland, and is on the professional development and property committees of the college's board of governors.

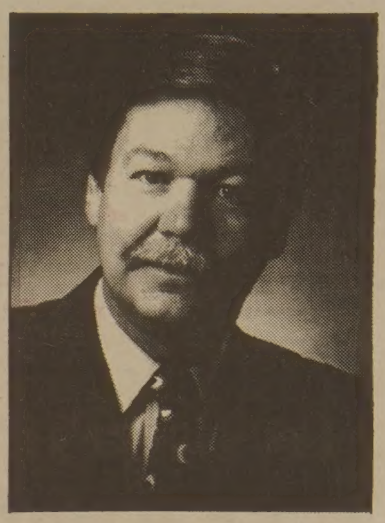
"It's a tremendous opportunity to be involved with education. I like to donate time and energy to something that impacts the community and gives something back to the community," said Gauld.

Associations developed through Canadian Tire Acceptance Ltd. gained Gauld a position on the Niagara College Board of Governors last April.

Previous involvement with the capital campaign and the development and training aspects of the college acquainted Gauld with the college. "It (Niagara College) has a good reputation as a forward-thinking entrepreneurial institution. The nice thing is that it's not laid back or stagnant."

Gauld says he has a "high regard" for the management of Niagara College. "They have done an excellent job as far as building a world-class educational facility."

"Dan (Patterson) and his whole group of executives have done a wonderful job and I think they should have recognition. He (Dan Patterson) and his team's approachable style and visible enthusiasm and passion for the students" are qualities that Gauld attributes to the executives' success. "We're very fortunate to have a group like that."



TOM GAULD

Photo by Communications and Planning

Born in Welland, Gauld earned a BA from the University of Windsor before working in marketing and general management positions in business locations as diverse as South Africa, Chile, England and the United States.

A "real passion in management" has enabled Gauld to "mix personal growth interests and travel" with his career. Four years ago Gauld was hired at Canadian Tire Acceptance Ltd. and became president of the organization in 1996.

"The potential and future of Niagara College is just wonderful. It'll have a real impact on the peninsula," said Gauld.

Calling all firefighters

By PENNI TONEGUZZO
Staff Writer

Niagara College's Continuing Education department is offering a program to students who are interested in becoming a professional firefighter.

The program offers six of the 13 required courses to become a professional firefighter.

HELP PREVENT FIRES
BE FIRE AWARE!

A pre-entry curriculum has been developed by the Ontario Fire Marshal's Office and the Ontario Association of Fire Chiefs to make firefighting skills universal across Ontario.

For further information on becoming a firefighter, contact Taralea McLean at Ext. 7610 or Cathy Weir at Ext. 7756.

Battle with bulimia has happy ending for student

By PENNI TONEGUZZO
Staff Writer

Carrie McGillivray, 19, of Hamilton, Ont., began her struggle with bulimia when she was 13.

She said as a child she was chubby and always being called names.

One night after a family argument she began starving herself. "Someone in my family called me a name during the fight. I started starving myself that night, but I didn't even notice."

She said she didn't start bingeing until people started noticing she was losing weight — fast.

"I would only eat when I had to, like in front of my family, but then without them noticing I would go and get sick."

McGillivray was vomiting more than seven times a day, and her bingeing became more than eating in front of people when necessary.

She said she would purchase $30 to $50 worth of junk food, eat it, and then get sick.

Her weight dropped from 190 to 98 pounds. By Grade 9 she was in the hospital and "deathly ill."

"I couldn't do anything," said McGillivray.

She said it became a big issue at school. Teachers were notified not to let her go to the bathroom alone. "The most embarrassing thing was being escorted to the bathroom by my principal, but when I think of it now I know they were just trying to help me and that it was for my benefit."

McGillivray said she would find places to get sick without being caught. "I would get sick in parks, my bedroom. It got to the point where I couldn't control it."

She was in the hospital more than three times. After each recovery she would have check-ins at the hospital daily. Doctors would check her weight and make sure she was eating properly.

She says she'll never forget what she went through. "It's like alcoholism. You can never forget what you've done, and it will always be at the back of your mind."

'I would rather be healthy and happy than starving and deathly ill.' —McGillivray

McGillivray says she is a lot better now than she was then. "I would rather be healthy and happy than starving and deathly ill. I have better values now about myself, and other people. I lost my friends before because when you're bulimic all you think about is what you weigh. Now, I have self-respect and pride."

McGillivray is a first-year Law and Security Administration program student and says she plans to attend Hamilton's McMaster University after graduating Niagara to become a homicide detective. She is also the manager for Niagara's women's basketball team.

"I didn't have a life before. I'm living my life now."

Human Relations student enjoys working with youth

By MELISSA LABBE
Staff Writer

Helping people is what it is all about for a second-year Human Relations program student.

Twenty-one-year-old Carmen Catalvo has no classes on Fridays, but he works an eight-hour day at his field placement. His day begins at 8:30 a.m. at the Youth and Community Employment Centre (YACES), 440 Niagara St., Welland.

Field placements for second-year Human Relations program students that started in September resumed after the holiday break on Jan.10.

"The first week I went in as much as possible to get a feel for it."

When Catalvo started at YACES, he led workshops on resume writing, interviewing skills and assertiveness, a task made easier by the information gained in his career planning class, he says.

This term he is looking forward to "working one-on-one with clients," he says.

About his choice of placement, Catalvo says, "I like youth and I wanted that type of field - career/employment counselling."

He says he isn't limiting himself to just helping youth.

'I like youth and I wanted that type of field — career employment counselling.' —Catalvo

"I want to help people," yet "youth are are easier to help. They need it more."

Catalvo knows from personal experience that youth need more career counselling.

"I wasn't sure what I wanted to do after graduating (Holy Cross High School in St. Catharines). I took a year off to figure it out."

He decided on the Human Relations program at Niagara College because he "heard it was a good program."

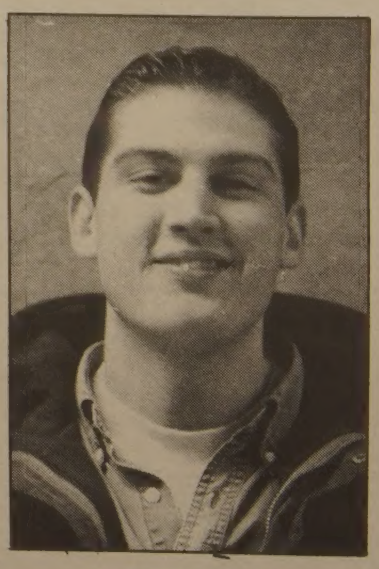
Once narrowed on the field of human relations, Catalvo discovered his classes encompassed a broad range of subjects. "They (the classes) weren't centred on one thing; there was a bit of sociology, politics, psychology and business."

However, there was a consistent undertone to the classes - have an "open-minded perspective.

"The thing I learned the most was to be open minded, not to hold biases."

Catalvo says he hopes to get a job at YACES after he graduates in April.

"I'm going to try to get a job at YACES. I think I have a good chance because they've already trained me to do what their employees do."



CARMEN CATALVO

If he doesn't get hired he is considering taking human relations management courses at Sheridan College in Toronto, he says.

In his spare time, Catalvo does "a lot of volunteer work."

The Distress Centre of Niagara is a confidential phone service. People can call in to talk about "anything in their lives.

"We try and get them through the situation," says Catalvo.

YACES

The phone service offers relief to patrons of St. Catharines, Welland, Fort Erie, Niagara Falls and Thorold.

Even his job involves helping people. He helps his parents manage the Vine Street franchise of Paesano Pizza in St. Catharines.

Catalvo takes care of himself by working out, spending time with friends and playing basketball or soccer.

SAC 'betrayed' students

(Continued from page 1)

month prior about the last meeting, in December, some members have complained there hasn't been "enough notice." They also cited transportation problems and the last meeting's proximity to Christmas as reasons why there has been poor attendance.

Rhonda-Lynn DesRoches, SAC vice-president external, says she was just "too busy" to attend the last meeting. "We all have outside obligations and everybody here is overworked," she says.

Niagara College President Dan Patterson says he'd like to see a "creative solution to creating a student voice" if there continues to be a lack of student representation at the meetings.

"I'd be disappointed if we didn't have a strong student voice. One of the strengths of this, (the technology fund and STEC) and we've celebrated this, is that it's been student driven from the start, and we'd like to continue to ensure strong student representation."

Leo Tiberi, director of information and computer technology and a STEC adviser, says he finds it "very surprising" that students aren't taking the opportunity to have a say in the decisions made by STEC.

STEC's main purpose was to build the open access lab — a "tremendous achievement" for students, says Tiberi.

"This year we have to make some decisions about how to allocate the pot of money," he says.

STEC is examining the specific needs of various programs and is also considering the creation of a new photo identification card for students.

Students have been coming forward who are interested in working with STEC. Tiberi says maybe the committee should consider "opening up membership to students who want to participate," as a better method of providing proper program representation.

"I can understand why Jason (Chase) is feeling disappointed in the lack of interest by his fellow students," says Brigitte Chiki, the college's director of access and student success. "If SAC is over-committed, maybe they should look at getting out, and maybe we could look at bringing in other students."

'I can understand why Jason (Chase) is feeling disappointed in the lack of interest by his fellow students.'
- Brigitte Chiki

The open access lab was a "great success" says Chiki, adding the bulk of work ahead for STEC is just planning. "We're going to get another $350,000 soon.

"We'll go on working quietly and follow our agenda, but we'd like to see the interest from SAC and students. We're going to make sure any interested students who have time, whether it's official or not, get in there and have their say."

Time to go home

Waiting for the bus in a long line is not always fun for students especially on snowing days. Finally, the bus pulled into the college to bring students home.

Photo by Hyojeong Kim

High success rate for business co-op's graduates

By BRAD MOSCATO
Staff Writer

Experience the world of business at Niagara College.

The Office Administration-Executive (Co-op) program is one of 16 co-operative education programs offered here.

The two-year curriculum follows an integrated schedule, allowing students to experience classroom instruction with paid, career-related work experience.

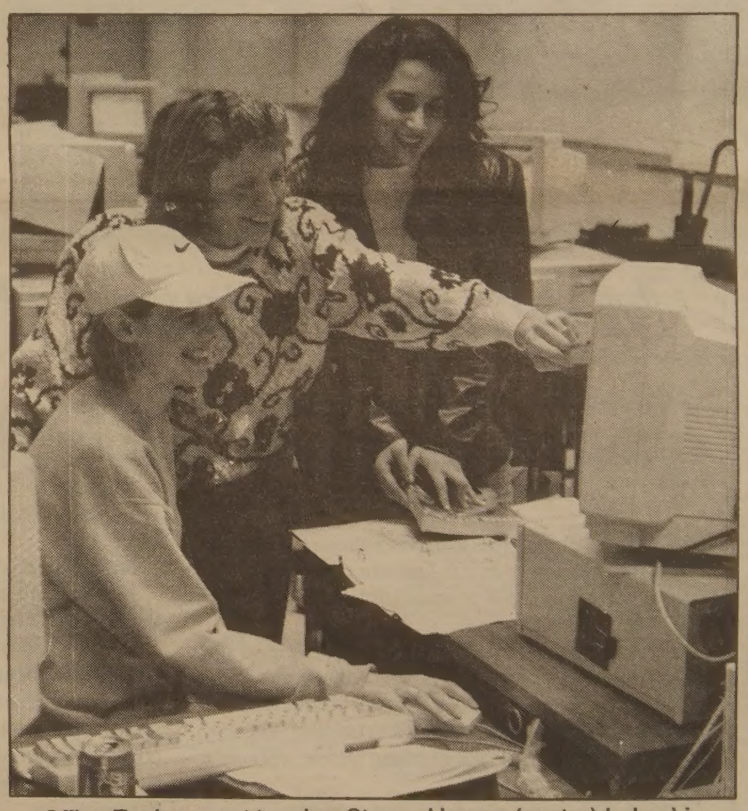
"One of the reasons our graduates are very successful in being placed in related employment is that they're a valuable resource in the local community," said program co-ordinator Christine Berkhout.

In 1995, 89 per cent of the program's 27 graduates found employment. Starting salaries ranged from $16,000 to $33,000 annually.

Graduates were surveyed six months after receiving their diploma.

"I can definitely go from this program into the workforce," said a first-year Office Administration-Executive (Co-op) program student Laura Richardson.

Richardson said the program provides students with the "necessary" skills to select work in all office environments.



Office Environment teacher Stacey Havran (centre) helps Liz Livingstone (seated) and Janice D'elia.

Photo by Brad Moscato

"I'm being taught the things I need to know."

Students find employment in various office settings. Government, law, insurance and engineering offices are a few of the many opportunities.

"Students can fit into pretty much any organization that requires a background in a business office," said Berkhout.

She indicated the program is "very in-depth," providing students with "hundreds of hours of computer instruction with the latest software."

"We update the program as often as it needs to be, based on the information we get from the community and advisory committee," she added.

While the federal and provincial governments have dramatically cut education funding, Niagara has set out strategies to deal with the reductions. A key component in the college's plan is student retention.

Based on statistics to date, the program has a 91 per cent retention rate.

In September 1996, 53 students enrolled in the two-year program. Currently, 48 students continue to pursue a career in the field, aiming to graduate in 1998.

"I wanted to work with computers in an office environment," said Jennifer Blackmore, a first-year Office Administration-Executive (Co-op) program student, who travelled from Glencoe, Ont.

Blackmore stressed administrative assistants are not secretaries.

"There's a difference," she said. "We are business people who are part of a team."

Rogers Magazine returns

(Continued from page 1)

The magazine, scheduled to run three new shows weekly plus repeats, is assisted by Broadcasting-Radio, Television and Film program interns.

About six reporters do research and story development.

"We're looking at developing a strong reporting base," says Tudor.

He says it's important to maintain balance as there's always more than one side to every story.

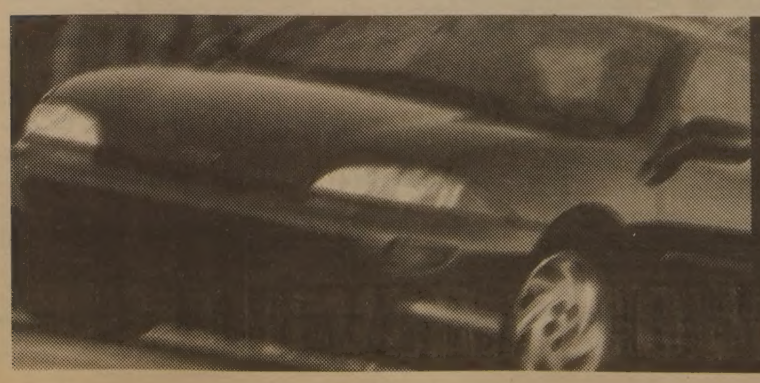
"It takes a really wise person to try to understand and get both sides of the story and leave it to the viewer to make an informed decision.

"Sometimes a reporter has to be abrasive to get the story done, but each reporter has his or her own style," he says.

The show airs Monday, Wednesday and Friday at noon, 6:30 p.m., 8:30 p.m., 11 p.m. and 11:30 p.m. Repeats can be seen the day after broadcast.

Tudor says in television, the audience sees people express their opinions, adding it can help viewers to "gain a different perspective" of an issue.

He says he hopes by watching the show people will "get some insight into issues . . . they wouldn't have thought about before."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POLITICS

Gib Parent, 'Canada's pleasant referee'

Local MP runs the House of Commons

By BRAD MOSCATO
Staff Writer

In his 18th-century style black robe and bleached-white shirt, Welland-Thorold member of Parliament (MP) Gib Parent is Canada's pleasant referee in the House of Commons.

A former high school vice-principal and Liberal backbencher of 16 years, Parent was elected to the Speaker's position by his fellow MPs in 1994 after a seven-hour debate that decided in Parent's favor by only two votes.

His high-profile role in our nation's capital carries an "awesome" responsibility for the partisan politician.

"I don't think being Speaker is a stressful job, even though it carries a great deal of responsibility," Parent said.

After deciding he needed a change in his career, Parent decided to offer himself to the public service.

Spending most of his political career as a backbencher, Parent's current rank puts him in a position to oversee the democratic process and make unbiased decisions with adherence to rules of procedure.

"The House of Commons controls and disciplines itself," he said. "The best the Speaker can do is manage the mood in which the sittings are taken."

Parent said MPs are "very respectful towards each other." However, he vehemently upholds the right of a politician to be combative and excitable when MPs speak out for the voters they represent.

Welland-Thorold MP and House of Commons Speaker Gib Parent at his office in Welland.
Photo by Brad Moscato

"In the House you can say virtually anything that you want, providing it is not meant to be unparliamentary.

"This can vary your question in such a way that it becomes parliamentary."

Parent said he has expelled five MPs during his time as Speaker, something he is "not at all proud of."

"In each case, the MP wanted to be expelled to make their statement."

The former football coach does more, however, than just control a volatile atmosphere.

Part of his responsibility as Speaker is to attend many international speaking engagements and other diplomatic events.

The country's procedural watchdog has also instilled innovative ways in parliamentary operation.

He ordered the floor of the House of Commons be opened to Canadians and visitors from abroad when the House is not in session.

"Visitors can now come and stand on the floor at the House and, in some circumstances, sit in the chair."

Visiting Welland only one or two weekends a month clearly shows how busy Parent is.

"I work seven days a week from 7 a.m. to 11 p.m."

Yet, Parent said he plans to run in the next federal election, expected this spring.

"I'm always confident when I campaign, but the final decision is left with voters.

'The House of Commons controls and disciplines itself.' - Gilbert Parent MP

"I'd never run a campaign and believe that I'm going to lose. It just takes too much effort."

Parent has served with former prime minister Pierre Trudeau, Prime Minister Jean Chretien, and sat in Opposition to former prime ministers Kim Campbell, Joe Clark and Brian Mulroney.

He indicated "much faith" in the future of the nation.

However, many of the impressions Canadians have formulated will be seen during the upcoming election, when Parent will stand for a second term as Speaker — and not campaign for the position.

Getting a job hard, but not impossible

Book helps students find jobs

By SHELLEY PARKES
Staff Writer

With job market entry more difficult, students and graduates must find new, more creative ways to find employment.

Statistics Canada has announced the youth unemployment rate is 17.2 per cent, almost double the national average of 10 per cent.

A federal government study shows 91 per cent of Canadian adults are worried about the difficulties today's youth face as they enter the job market.

Taking his financial future into his own hands, Kevin Makra has decided to help other students find employment.

The 1992 graduate of the University of Toronto, with a degree in business and economics, realized after his own job search how few practical resources students have in finding summer and after-graduation work.

Since 1995, Makra has published the 1995 Ontario Student Employment Guide and the Canada Student Employment Guide. With listings for more than 500 companies' names, locations, requirements and other information, it is now Canada's number one student employment resource.

"It is a great book. We get it every year," said Janet Forfar of Employment Services of Niagara College at the Welland campus. "We use it to help look for co-op jobs."

The book gives students a better understanding of today's labor market. Besides writing the book, Makra has been featured on television, radio and in print articles.

'It is a great book. We get it every year.'

- Janet Forfar

He is designing a seminar on job search strategies for college and university students.

Forfar said because the listings are national, it is good if people are doing large job searches.

The Welland campus library has a copy of the 1995 edition. The employment services office has the updated edition which can be viewed for reference.

Meeting pleases Patterson

Politicians get introduction to Master Plan

By JHIM BURWELL
Staff Writer

Niagara College President Dan Patterson describes a Jan. 10 meeting with the Ontario education minister as "an opportunity to spend time" with the minister "one-on-one."

The information session, held at the Maid of the Mist Centre in Niagara Falls, was attended by local politicians, businessmen and John Snobelen, the provincial minister of education and training. The session was held to hear about plans for the college's future.

The guests were given an "introduction to our innovative programming and the new campus," said Patterson. The bulk of the presentation covered programming at the college's three campuses.

'We've chosen to be assertive about our role in the education sector.' - Dan Patterson

Despite poor weather conditions, the mayors of Welland and Thorold, the deputy mayor of St. Catharines, a representative of the mayor of Niagara Falls and the chief administrative officer of Niagara-on-the-Lake represented the municipalities most closely linked to the college.

MP for Niagara Falls Gary Pilliteri attended, as well as MPPs Bart Maves of Niagara Falls and Tom Froese from St. Catharines-Brock. Niagara College's new Glendale campus is being built in Froese's riding.

Industry figures Tom Gauld, president of Canadian Tire Acceptance Ltd., and Reg Begin, the superintendent of General Motors in St. Catharines, were also in attendance. Their presence was a testimonial to the close ties the college has with the business community.

Snobelen was there for 3/4 of the presentation.

He "indicated that Niagara College is noted in the system for its strong link to the community," said Patterson. "He said he believes we are a role model."

The minister of education and training was not just hearing the point of view of the administrators, but of the community through representatives of the board of governors (Cinda Serianni and Ian Hennesy) and the industry and local political figures, said Patterson.

This "reinforced the strong message about our community outreach."

The ministry has given $32 million in capital funding for the new campus and renovations to the Welland campus, the full amount asked for by Niagara College as dictated by the Master Plan which outlines the college's plans for the future.

Patterson said he believes the "informal chat" at the Maid of the Mist Centre "was important in the decision for the minister to support the Master Plan."

"It is important for the college to hold these sessions to make sure the politicians know the changing nature of college education," said the college president. Despite his happiness over the $32 million in funding, Patterson added there are still the challenges of day-to-day costs that need to be dealt with.

"We pointed out the cost of education for the college students" and the fact that there is more money going to university and high school students.

"We've chosen to be assertive about our role in the education sector. I think they got the message loud and clear."

INTERNATIONALLY

ESL program takes big part of Niagara

By HYOJEONG KIM
Staff Writer

Marking its sixth year, the English as a Second Language (ESL) program has helped bring many students from various countries into the Niagara College community.

As more and more of the international students join post-secondary programs, the ESL program is becoming a significant part of the college.

About 100 international students have joined post-secondary programs through the ESL program since it began in September 1990.

Every term, about 40 students from various countries take the ESL program.

The program started as a division of the English department with eight students from Libya, Japan, Malaysia and Hungary.

There were only two teachers: Gaylene Levesque, co-ordinator and full-time teacher, who left her job in June 1991; and Nancy Spada, a part-time teacher.

"After Levesque had gone, I took over and I taught full time through the summer," said Spada.

In September 1991, the ESL program officially became the International Education department with Susan Vandenboom as co-ordinator and teacher, and Jos Nolle as manager of the department.

Sean Coote, the international student adviser, joined the department in the summer of 1995.

Coote, 23, of Welland, said he started working at the International Education department in May 1994 to fulfil his co-op requirements as a second-year Business Administration program student at the college.

"I got hired shortly after I graduated," said Coote.

Spada, 30, of Port Colborne, said when the program started, there were only two classrooms available for ESL students and all students were in one class.

"The number of students has been greatly increased over the years, and learning materials have been improved," said Spada.

There were eight students in 1990, 1991 and 1992, 12 students in 1993, 30 in 1994 and 42 students in 1995 and 1996.

The English as a Second Language program teachers are, from left, Susan Vandenboom, Tony Zanatta, Fiona Allan, Mary Lou Eden, and Nancy Spada.

Photo by Hyojeong Kim

The ESL program includes oral communication, grammar, language lab, reading and writing, essay writing and cultural adaptation classes.

The program is taught by three full-time and three part-time teachers.

It emphasizes promoting students' reading and writing skills "because it's a big part of college studies," said Spada.

The cultural adaptation class is aimed at covering students' culture shock.

It helps students "get more in touch with Canadian people and Canadian lifestyle," said Spada.

Students take short trips to historical sites, listen to guest speakers, celebrate holidays and talk about their own holidays in the cultural adapation class.

They also learn about aboriginal Canadians.

"It is the most practical class. Students really enjoy it," said Spada.

She said the difficult part of her job is trying not to offend students.

"You have to try to put yourself in the shoes of students to realize what they go through."

Year of Ox honored in stamp

By HYOJEONG KIM
Staff Writer

The moon stands high in the sky over Asia and commands a powerful following.

The lunar calendar is an important part of Asian cultures.

Although the Western calendar was adopted early this century, the traditional lunar calendar is still being used in many Asian countries.

So, in Asia, it is common to put both solar and lunar dates in one calendar.

The Chinese lunar calendar was created in the Sha Dynasty (2205 BC-1818 BC) and it became an official calendar in the Han Dynasty (202 BC-AD 82).

The exact duration of a lunar month is 29 days, 12 hours and 44.05 minutes. Each month, starting with a new moon, might last either 29 or 30 days.

Therefore, a lunar year is only 354 days, 11 days shorter than the Western calendar.

To synchronize it with the solar year, an extra month is added every three years or sometimes two years.

This is called the lunisolar calendar.

In China and Korea, both Western and lunisolar calendars are publicly used.

On the other hand, in Vietnam, Taiwan and the overseas Chinese communities, the Western calendar is generally used while the lunisolar calendar is used only to set the dates of traditional festivals.

The lunar new year starts Feb. 8, and it is the Year of the Ox, according to the 12-year Chinese astrological cycle — the years of the Rat, Ox, Tiger, Hare, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog, and Pig.

The Ox symbolizes strength and diligence.

Canada Post Corp., in Vancouver, B.C., started distributing newly designed stamps last week, featuring an ox in the centre with a flower motif in the upper left quarter of the stamp.

This stamp was designed by Ivy Li, a graphic design professor at Sheridan College in Oakville, Ont.

Chinese year and animal designations

Rat	Ox	Tiger	Hare	Dragon	Snake	Horse	Sheep	Monkey	Rooster	Dog	Pig
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	**1997**	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007

Buffalo tickets give SAC headache

By ADAM KIESWETTER
Staff Writer

Student Administrative Council (SAC) absorbed the cost of 35 Buffalo Blizzards indoor soccer tickets. No one would buy them.

The game was in Buffalo, N.Y., on Jan. 17. and included in the price of a $22-ticket were admission and transportation to the game, dinner at Hooligan's restaurant in Buffalo and unlimited alcoholic and non-alcoholic beverages.

"I guess the Buffalo Blizzards just aren't that popular," said Jason Chase, SAC president.

In part, Chase said he blames the dismal student response on the fact that "you're not allowed to advertise free alcohol" on college property. "If they knew they were going to get free alcohol, then maybe there would have been a better response."

Last year's SAC had the same problem trying to sell the tickets and also had to absorb the cost then.

'If they knew they were going to get free alcohol, then maybe there would have been a better response.'

- Jason Chase

Although he opposed SAC's decision to buy the tickets this year, Chase said council believed better advertisment would boost ticket sales.

"The problem last year was that they only had a few days' notice before the game to advertise," said Chase.

This year SAC posted flyers in early December around the Welland and satellite campuses, and had the school's mascot, the Niagara Knight, parading about distributing flyers to students.

According to recent SAC minutes, the cost of the tickets was $801.18. Students' activity fees covered this cost.

SAC donated the tickets to the alcohol awareness week volunteers, to themselves, and just before the bus left on Friday, to anyone who was willing to take them.

"We're never doing it again," said Leeann Setchell, SAC vice-president internal.

EDITORIALS

NIAGARA NEWS

The Niagara News is a practical lab for the **Journalism-Print program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College. P.O. Box 1005, 300 Woodlawn Rd., Ontario L3B 5S2. Phone (905) 735-2211/ 688-1380/ 384-9760/ 382-2383/ FAX (905) 735-7669.**

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Child portfolio not important

Expensive dresses, nylons, manicured nails, makeup, and highlighted, styled hair — these are not words that should describe a little girl. Of course, the operative word in that sentence is should.

Some parents take beauty pageants for their children entirely too seriously. All possible motives for this point to vanity.

The argument that beauty contests boost self-esteem is refuted by the fact that there can be only one winner. Any positive reinforcement is quickly outweighed when one of the other contestants wins.

The beauty pageant atmosphere is not one children should live in.

This shallow world teaches little girls that their self-worth is derived from how they look. Faulty reasoning haunts girls throughout their lives, sometimes causing eating disorders, low self-esteem and other psychological problems.

Being a child should not be about who has the most expensive outfits, the most portraits published.

All children are beautiful. Their beauty lies in their youth, innocence and potential, not a portfolio.

Melissa Labbe

Future worries Canadians

According to the recent Maclean's/CBC News Poll published in the Jan. 6 edition of Maclean's, it revealed that a high percentage of Canadians are pessimistic and worried about their futures.

Many of these results are reflected in fears concerning employment and economics. Both very important concerns that need to be looked at seriously; but what about solutions to these problems?

A majority of people have some type of fear of the future, and more effort is needed to banish these anxieties. What can be done? The first and foremost important task is to inject our society with more positivity, or at least give it some wisdom to use if an attempt at difference is to be made.

What it takes is to begin acting as an opposite to the worries and fears that tend to smother any hopes at getting out of a bad situation.

In the poll, 86 per cent of people between 45-54 think it is likely that, many people will never find full-time work by the year 2005. Nice outlook.

Let's create a better outlook and move this optimism into a more positive action. And let's add more political awareness to our diet to feed and strengthen ourselves for this task. Change can happen.

Bad times can be straightened out if effort is given. Sometimes this is good; for if we are conscious of erring in one extreme "we should aim at the other, and so we may reach the middle position,...as men do in straightening bent timber." Although Aristotle's solution is a few years old, it still makes sense today.

Jason Young

Street life isn't fun

By SAMANTHA GOLDWIN
Staff Writer

Living on the streets, you're named as a homeless person or bum.

As the Ontario Tory government, as did past governments, makes financial cutbacks to programs somewhere down the line a person, or people, will be layed off or fired.

Depending on one's circumstances there are those who will inevitably become homeless.

It's an isolated, lonely life.

Those with the personal drive and a lot of luck to make a better life will be able to get off the streets and make a second life for themselves.

Walking down large metropolitan cities' streets, such as those in Toronto, you're bound to pass those huddled in store entrances, outside of banks and people-populated places.

Looking for money, a little compassion and some spare food, they're trying to survive in a world full of ups and downs, highs and lows.

You'll see them on the street corners putting on puppet shows with stuffed animals, drawing portraitures - anything to buy themselves a sandwich and a hot cup of coffee.

Some of the financially fortunate say to give a homeless or panhandler money is only rewarding them with drugs and alcohol.

One alternative is to give donations to a local mission or Salvation Army.

Anyone can help by saying a kind word, being pleasant and giving directions on where to find the aid needed.

Letter to the editor

College students should work

Dear Editor:

Re: Money and determination are needed to pursue academics — Jason Young — Niagara News Jan. 17 edition.

OK, let's have a reality check.

Yes indeed it is the 1990s and so the factories may not be hiring anymore. Who cares?

Hungry for more education — so he blames everyone and anything else but himself.

Here's a reasonable solution to the financial strain on pursuing an education.

Stop relying on secondary sources for assistance. Take a year or two and WORK, save money, and what the heck, graduate with the ultimate goal — debt free or close to it.

Sharon Whaling
First-year Journalism-Print program

Your opinions count

Your voice or opinion is welcome in our Letters to the Editor section. Our policy regarding letter submission is the following:

1. All letters must be received on the Friday one week prior to publication.

2. Each letter must include the student's name, college identification number and program of study.

3. All letters must be signed and include a day and evening phone number for verification use only.

All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Welland campus.

We're looking for story ideas.
Call our newsroom
735-2211 ext. 7750

FROM THE HIP

Simple truths always beat out fiction

By JASON YOUNG
Staff Writer

Before I begin my column on truth, I'd like to talk about reality checks. How can people tell others to "take a reality check"? Although two different people can share one similar reality, that being life in general, our realities are actually quite different.

By definition reality is the fact, state, or quality of being real or genuine. Due to interference of circumstance, this alters perceptions of what reality actually is. I, in my column, am merely stating my reality to you. Yes, it may be different from yours because the circumstances that affect my reality ARE different than yours, but I am being genuine, real and truthful.

We share the same reality of both being alive on this planet, or posssibly both liking the same music, but other than coincidental similarities, we are not the same. This leads me to wonder something.

Where is the truth?

It's getting harder and harder to find the truth in many things these days. Actually, almost everything.

If you stop to think, can you find truth in everything you do or are involved with? Sometimes it's hard, but it's always there.

Truth is good and it can never be taken away by anyone or anything (however, materialism works). My quest is to find the truth in everything I do. Sure, I might not give it out as readily, because the truth is mine; it's yours too.

A lot of people we encounter often do things to hurt or offend us. It can be frustrating to rationalize why they're doing such things? But the beauty of it is that you're always going to be one up on them. Why? Because, you know the truth.

In many circumstances, those same people trying to hurt you know the truth as well. That's why they surround themselves with barricades of euphemisms or good old-fashioned silence, because they can't accept the truth themselves. It becomes feared.

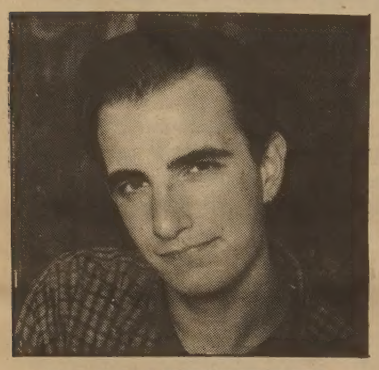
We live in an age of cover-ups, blankets and scapegoats, from the prime minister to the penniless prophets on the streets. And even they know the truths of reality. Why do they hide truths with big words or drunken psychologies?

What it comes down to is we must pursue our own truths, be happy with them and do whatever is possible to ensure we've got them. You've got yours and I've got mine. I can't take your truth and you can't take mine, even though we both know it.

Attain the truth. It can't be seen, touched, tasted, smelled or felt; but, it can be sensed and known.

Honestly.

SAC shrugs off responsibility to students



By ADAM KIESWETTER
Staff Writer

Kudos to Student Administrative Council (SAC) President Jason Chase for keeping his word.

He threatened to resign as chairperson from the Student Technology Enhancement Committee (STEC) if the required number of SAC members didn't start attending meetings, and he did.

Has Chase compromised his ability to represent students by resigning as chairperson? No.

(See related story on page 1.)

In fact, Chase resigned because he felt uncomfortable trying to fulfil the role of two positions, chairperson and student representative.

Now, free of the burden of STEC leadership, Chase should prove to be an even more effective member of the committee.

Kudos also to Don Woodruff, SAC executive vice-president, who has attended most of the meetings and offered to be chair in the wake of Chase's resignation.

The other five members of SAC are busy firing off a barrage of various excuses as to why they have not, and simply cannot attend these meetings.

The barrage of questions that should pummel them include:

* Why have you claimed there was a lack of proper notice for the last meeting when SAC minutes clearly show you were informed a month in advance and reminded the week before the last meeting took place?

* As your own president has questioned, are you earning your honorarium? Isn't one of your prime directives to represent the needs of students?

* You say you're too busy to attend these meetings. Are you really any more busy than the administrative faculty and program director types that faithfully attend each meeting?

* After displaying this lack of interest in even attending the meetings, how can students believe that you would even properly represent them, let alone do so with the enthusiasm this privilege to contribute warrants?

SAC members often express their frustration because, as seen in the last SAC elections (134 out of about 5,000 students voted), no one seems to know who they are, or give a tinker's damn about what they do.

Yet what has SAC done to demonstrate how important it is to become involved with Niagara College?

Could that be the reason why they're not getting involved with these meetings? They're too busy complaining about the student body who apparently has something else better to do than get involved with SAC. Maybe the student body isn't getting involved because they're busy complaining about SAC's dim interest in STEC? Somehow, I doubt it.

The first step to become effective leaders is to show the student body it's worthwhile and important to get involved. Lead by example SAC. Go to these meetings.

The second step is learning to admit your mistakes and your shortcomings. Do what all successful leaders do best: delegate.

If SAC's lackluster attendance record is due to either laziness or just plain lack of interest, then they are gypping the student body.

But if our student council really is unable to attend these meetings, then it should hand over the reins to proper student representatives who can attend, and *want* to attend.

Student council lacking in leadership

By BRAD MOSCATO
Staff Writer

The media are not simply spectators at the issues and events of our times.

We are participants because we in the media identify — we choose what we deem significant issues to write about and set aside others.

Our Student Administrative Council (SAC) is supposed to epitomize Niagara College with the proper leadership expected from any archetype.

I feel the issue at hand should be communicated to students throughout the college.

Because our student representatives handle about $650,000 of our money (we all handover a $131 activity fee when paying tuition), there seems to be too great a distance between what we know and what we need to know of how the money is being spent.

I was recently introduced to the group's operations. On SAC's latest attempt to organize an activity (a Buffalo Blizzards' soccer excursion), our student representatives' performance was so deplorable, they became sitting ducks for, frankly, a glib lecture on communication techniques.

Not only did they misspend $801 of students' money by not selling the game tickets, they were so inept, they couldn't even give away the tickets. On the bus there were more people than there were tickets and the puzzle was too complicated for our SAC members to solve.

SAC

Our SAC President Jason Chase and the rest of our representatives just don't get it.

Instead of letting SAC vice-president internal Leeann Setchell stand at the front of the bus aimlessly, repeating the same phrase, "two people have to leave," our SAC president should have intervened and shown some leadership.

After about 15 minutes of muddled speech, five students decided to exit the bus.

As student leaders, SAC representatives should be deferential, agreeable, and able to deal with complication. They should be spokespeople who can ask the right questions and say the right things. After all, as a student representative, they should have an agenda, a mission, and an interest in SAC's success.

By their vitality shown on Friday, Jan. 17, they did not demonstrate the ability that is needed as a voice for students.

SAC's executive vice-president Don Woodruff said earlier this year, "if they (the students) actually realized we (SAC) have $650,000 of their dollars . . . then they would think $650,000 is a lot."

Well, who wouldn't think it is a lot of money with the current group representing our student body.

And Woodruff was also right when he opposed an honorarium increase for SAC members.

"If council members show adequate proof of why there should be an increase (there is a space in reasoning for an increase). . . What's the reasoning? I can't see the membership appreciating an increase without a reason," said Woodruff.

Once again, I agree with your statement Mr. Woodruff. I also don't see any reason for an increase after the display that was staged.

Lack of communication. Lack of leadership. And to think, these guys handle $650,000 of students' money.

THE GIFT OF LIFE

And the winners are . . .

By JENNIFER HARDING
Staff Writer

The Niagara College annual Red Cross blood donor clinic was a success.

Held on Tuesday, this Welland campus clinic was the most successful in four years.

Jan Potton, Niagara College faculty member and staff co-ordinator of the clinic, said 273 people showed up to donate, but there were 42 deferrals.

Potton said the deferrals were because of medications the potential donor was taking, as well as of other reasons such as recent tattoos and body piercings.

The college donated 231 pints of blood, beating the goal of 175 pints.

"This is just fabulous," Potton said.

Last year the college donated 209 pints of blood.

Potton said the clinic was "very well organized. That is due to the change in the Red Cross approach this time."

She said no beds were closed over the lunch hour, as has happened in the past. All 12 beds were open for almost six hours.

There were more nurses at this clinic, Potton said. This allowed the nurses to move around and help where there were longer lines.

"The recurring problem (of long lines) is because the majority of donors are first-time donors and they take longer to process and to give blood because they are nervous."

This year the Corpsuckle Cup, for the program with the highest percentage of donors, was won by the first-year Dental Hygiene program students with 45 per cent of the students donating.

The first-year Law and Security Administration (LASA) program students won the Buddy Blood Drop Jr. award for the most pints donated. They donated 55 pints of blood.

The staff award went to the Learning Resource Centre staff who donated two pints.

Honorable mention goes to the Ambulance and Emergency Care program students who donated 12 pints of blood.

Rhonda-Lynn DesRoches, Student Administrative Council (SAC) vice-president external, was the co-ordinator of the clinic.

"Rhonda-Lynn had everything so well organized," Potton said. "The clinic ran like clockwork."

Potton said she would like to thank DesRoches and SAC for the clinic work, as well as the LASA students who did some of the publicity and all the clinic set-up and clean-up.

"I am so pleased with the student help and the donation rate," Potton said.

She said this clinic was important because it was the first one she was running by herself. In past years, Eugene Maltais, who was a faculty member at the college, worked with Potton on the clinic. Maltais died in October.

"I felt like he was sitting on my shoulder," Potton said.

This isn't so bad

Jason Chase, Student Administrative Council president, took some time out to donate to the annual Red Cross blood donor clinic.

Photo by Jennifer Harding

Clinic takes new approach

By JENNIFER HARDING
Staff Writer

The Red Cross took a slightly different approach to Niagara College's blood donor clinic this year.

"The clinic was so successful because of Judy being here," Jan Potton, Niagara College faculty member and staff co-ordinator of the clinic.

Judy Compton, recruitment co-ordinator for Red Cross, works out of Hamilton for the entire Niagara Region. She was in charge of organizing and getting all the Red Cross staff to participate in the clinic.

Compton said when last year's clinic closed, there was still a line of people wanting to donate. To compensate for this, more staff was added to the registration area.

There was now a waiting period to get on a bed to donate.

"Because so many of the donors are first-time donors, it takes a little longer," Potton said.

Compton said it also takes longer to donate in a cold room.

Compton said next year they may do the clinic as a mini-clinic. The Red Cross would be at the college for three days in the same room (a classroom if possible) and people wanting to donate would make an appointment to do so. This way people could be in and out in an hour.

"We want to provide good customer service but the challenge is we never know how many will show," she said.

Compton said the self-deferral sign at the entrance to the clinic helped to eliminate those who weren't eligible before they got to the nurse.

"Our goal is to have people in and out in an hour," Compton said.

Taking the trip to give

By JENNIFER HARDING
Staff Writer

I took a trip to give life.

At the college's annual Red Cross blood donor clinic on Tuesday, I followed Student Administrative Council President Jason Chase through the process of giving blood.

Before he got into the clinic area, Chase was met by two Red Cross workers directing him to a sign which outlines to potential donors how to qualify. Questions included whether they had a piercing or tattoo in the past 12 months or if they were pregnant or breast-feeding.

After Chase passed this point, he registered and gave the worker his blood donor card. Everyone receives one after the first donation. This was Chase's second donation. He also received his number — number 94.

The next step was to fill out a health questionnaire and receive an information booklet. This includes what happens through the process of donating and information in AIDS.

We then sat to wait to speak to a worker. I asked Chase why he was donating blood.

"It's just a pint of blood. It could save someone's life."

He said he always hears about a need for blood for surgeries and that surgeries are being cancelled because there isn't enough.

Chase spoke to the staff member regarding the health questionnaire, answered six more questions and had to show his photo and signature identification.

We waited again.

"The worst part of this is the waiting," Chase said.

Chase said people shouldn't hesitate when it comes to donating.

"Anybody's had a needle, it's basically the same feeling, just a prick.

"The weirdest part is afterwards, looking at the bag and realizing it was just in you."

Chase added that he had advice to first-time donors.

"If you feel squeamish about your own blood, don't look at the bag."

Blood type is determined by a quick finger prick and a couple of fast tests. Chase's blood is type O positive.

We waited again.

It was finally time to donate.

The fun began when Chase was brought to one of many cots set up for donors.

He has very deep veins and gave Clinic Assistant Marie Callan the "challenge of the day."

After about five minutes of searching, Callan found a vein and Chase was ready to donate.

"This would be a great job if you were a vampire, working at a blood donor clinic," Chase said a few minutes into his donation.

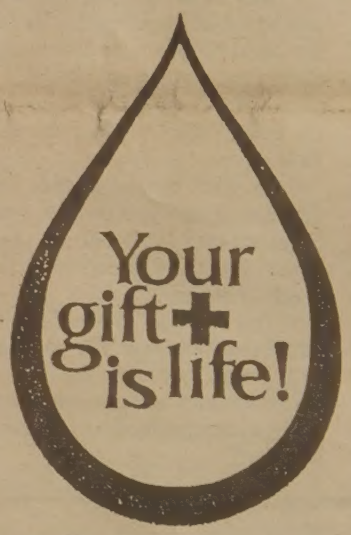
Chase said he felt fine throughout the donation, but his arm started to feel a little numb.

After about 10 minutes, Chase's blood clotted and he wasn't able to donate any more.

Callan said he had given enough for his blood to be used.

Chase then rested for a while before going on to the table where donors have juice, pop and donuts.

The entire process of donating blood took about 90 minutes. That's not much time to give when you consider you've helped to save a life.



We vant your blood

Kelly Durant (left), Tanya Campbell and Jackie Crabbe, all first-year Law and Security Administration program students, dressed up to bring some attention to the clinic.

Photo by Jennifer Harding

COLLEGE TECH

Bradley, back in school and enjoying it

JANET BRADLEY
Photo by Katherine Nadeau

By KATHERINE NADEAU
Staff Writer

Janet Bradley is a busy student, but says she enjoys the challenge.

Bradley, 32, of St. Catharines, is a third-year Microelectronics Engineering Technician program student. She is the single parent of an 11-year-old son and a nine-year-old daughter.

Bradley had been out of school for several years and was working as a receiver and then as a buyer for Shoppers Drug Mart. Gradually, as buying became centralized, jobs were being phased out.

"I had to take another look at what my skills were and where I wanted to be," says Bradley.

She chose a technical program because "I was the only person at Shoppers Drug Mart who didn't kick the photocopier when it broke down," she says, laughing. She fixed it instead.

The men outnumber the women in the program.

"Although it takes a certain degree of math skills, I don't think that should discourage anyone from trying a technical program. I don't think they (women) are encouraged enough in high school, or maybe they just don't think to be here."

In addition to her studies and other responsibilities, Bradley has been a member of the Institute of Electrical and Electronics Engineers (IEEE) since she started her program in January 1994. She has served as secretary and has been chair since May 1996.

Located in the McNaughton Centre in the Lundy wing, IEEE provides a meeting place for students in electronic, electrical or computer engineering and related programs.

One of the voluntary services provided by the executive is to compile the technical kits for the first-year students and the meter kits for the second-year students.

"I work with a great executive," says Bradley. "We put together the kits every year for the first-year students as a necessary service. Every year we meet with the faculty to see if there are any changes in what parts we should put into them.

"We also provide replacement parts for sale throughout the year, just in case they blow something up — and they do," she says with a laugh.

The kits, soldering guns and replacement parts are sold at a small profit to keep student costs low. IEEE relies on contributions and fundraising to buy equipment, computers and software.

The club is selling raffle tickets for a draw on Feb. 14. They have limited sales to 1,000 tickets. Prizes include a Pentium 100 computer system and six months' Internet service.

'I work with a great executive.'
- Bradley

"We have about $3,000 worth of prizes, about half of which was donated. We made a lot of phone calls," says Bradley, crediting her executive for giving so much of their time to help out.

Tickets are $5 each or five for $20 and can be purchased through any IEEE member or in Room L12 in the Lundy wing.

IEEE, a worldwide society with old roots

By KATHERINE NADEAU
Staff Writer

The world's largest technical society has a branch at Niagara College.

The Institute of Electrical and Electronic Engineers (IEEE) is the world's largest technical and professional society with 300,000 members worldwide.

Students make up 15 per cent of the membership or 50,000 members. As of October 1996, 157 of those members were at Niagara College, placing the college in the top 30 student branches by membership size.

IEEE, according to the Canada student branch reference handbook, was founded in 1884 with Alexander Graham Bell and Thomas Edison among its charter members. It is the largest publisher of electrotechnology works in the world and remains committed to advancing the theory and application of electrical engineering, electronics and computers.

The McNaughton Centre, in the Lundy wing of the Welland campus, is a combination of research centre, social gathering place and laboratory, says Janet Bradley, IEEE chair, a third-year Microelectronics Engineering Technology program student.

If a student in one of the technical programs has a question, getting together with the other students and exchanging information helps answer those questions, she says.

Along one wall are computers including the two new Pentium 100 systems that were recently acquired by the club. There is also a full library for students doing research and a donated workbench set up with testing equipment.

"The workbench was really important. Now if the students have a lab that they need to work on outside of class time they can do it here," says Bradley.

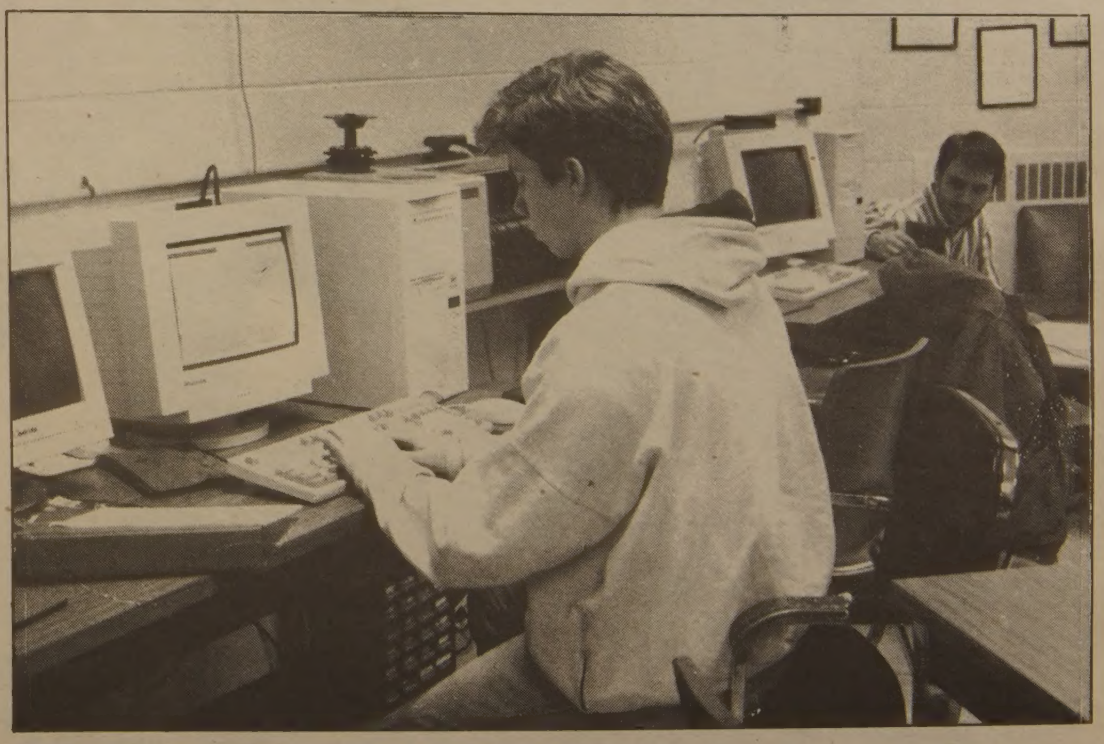
IEEE membership is limited to students who are enrolled in at least 50 per cent of a course of study in electrical, electronics or computer engineering and related programs.

"The McNaughton Centre is open to all Niagara College students," she says. "It's a place to relax but it's also a place where you can get questions answered."

Steve Brady, 21, a second-year Electronics Technology program student, tests a prototype circuit for microtechnology.

Photo by Katherine Nadeau

I.E.E.E.



Demian Germain, 20, a Computer Engineering Technology program student, works at one of the new Pentium 100 systems.

Photo by Katherine Nadeau

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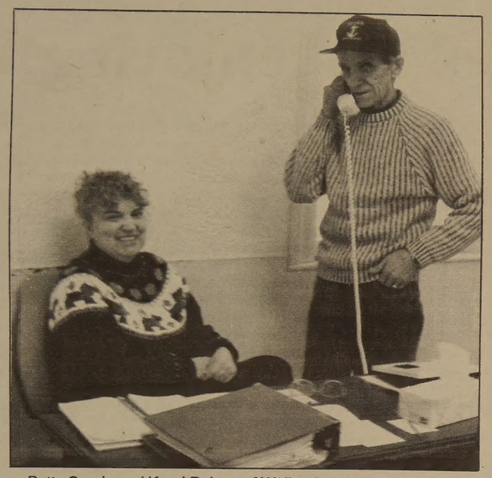


Betty Crogie and Karel Reker , of Welland, work with the people at the Open Arms Mission in Welland.
Photo by Robert Hallett

Money means warmth

By ROBERT HALLETT
Staff Writer

Doughnut shops play a big role in the lives of the homeless and those who are less fortunate.

A dollar or two will buy a coffee or something to eat. It will also allow people to sit inside for a while to warm up.

Some homeless people will spend nights on the streets wrapped in a sleeping bag and wearing whatever clothes they can get.

To homeless people a dollar means getting a chance to get warm and putting something in their stomach.

Although there are homeless shelters and food banks, some of these places are not open all of the time. Some shelters just do not have enough room for all of the homeless people seeking aid.

Some homeless people live too far from shelters and are unable to make it to a shelter.

Charity serves goodness

By PENNI TONEGUZZO
Staff Writer

The Inn of the Good Shepherd in Sarnia, Ont., serves breakfast, lunch and dinner every day to those less fortunate.

Different volunteer groups prepare the meals that serve 35-65 people per sitting.

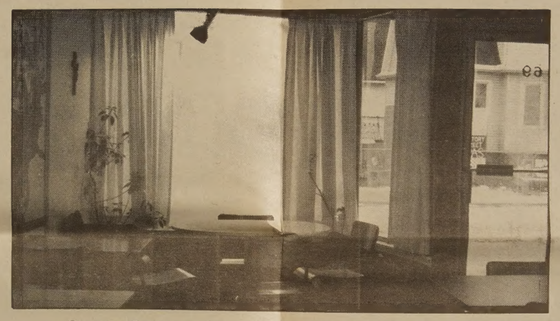
Dave Hamilton, a volunteer, says his church group prepares the meals once a week. "The whole community of Sarnia donates food. We have four or five food drives a year."

Hamilton says many people contribute turkeys to the food bank.

"I've been doing this for several years. It makes you feel good," said Hamilton.

Clothes for the needy at the Open Arms Mission in Welland.
Photo by Robert Hallett

A man waits for the door to open at the Inn of the Good Shepherd in Sarnia.
Photo by Penni Toneguzzo



Ozanam Centre on Geneva Street in St. Catharines awaits its first customer of the morning on Jan. 23.
Photo by Samantha Goldwin

The Inn of the Good Shepherd in Sarnia feeds the less fortunate on a daily basis.
Photo by Penni Toneguzzo

Cheryl Lepage, 34, of Welland, is a volunteer at the Open Arms Mission in Welland.
Photo by Robert Hallett

Help is there for Ontario's homeless

By SAMANTHA GOLDWIN
Staff Writer

Winter's here. For those living on the street it means a battle for shelter and warmth.

In southern Ontario with temperatures well-below zero and added wind chill factors, frostbite occurs in less than a minute.

Communities, hostels and shelters have to prepare extra beds, food and clothing for homeless and low-income people seeking help.

It's reported that since the Toronto area announced its Cold Weather Alert Plan there hasn't been a death in the homeless community.

The plan goes into action when the temperature outside drops below -15 degrees Celsius. This temperature has been recorded eight of the last 10 days since Jan. 9.

People living on the street are taking those words to heart. They're finding any place with room for them.

Missions help to bring the low-income and homeless in. They offer clothing, coffee, small talk, company and counselling. A food bank is available.

"It gives them a little extra," said Karel Reker, a 65-year-old resident of Welland, who volunteers at the Open Arms Mission on Fifth Street.

Sleeping bags were distributed throughout the month of December and January around the Toronto area providing warmth for people refusing to come in off the streets.

"Seems people out there really do care for us. It shows there is help when it's needed. It really is beautiful," said a young, homeless female who did not want her name used.

Food banks accept donated canned goods, starch products, packaged meat (where freezers are located), toiletries and baby food.

The banks are able to make packages for low-income and homeless families or people.

Food banks and missions located in St. Catharines are City Mission-Christians in Action on King Street, and Ozanam Centre on Geneva Street.

In Welland, missions and food banks are Open Arms Mission on Fifth Street, Community Resource and Action Centre run out of the Holy Trinity Church on Division Street.

The Christ Church on Zimmerman Avenue in Niagara Falls has started a new Out of the Cold program. If offers a hot meal and a warm bed for people. It opens on Sunday nights at 6 p.m. and closes on Monday at 8 a.m.

Throughout the Niagara Region the Salvation Army takes in clothing, furniture and donations for those in need.

Hospitals in Toronto contribute to the help offered to the homeless. They make beds available for those who need them.

Stan Chubaq prepares hot soup for those coming into the Ozanam Centre on Geneva Street in St. Catharines.
Photo by Samantha Goldwin

ENTERTAINMENT

Lounge music returns

By JASON YOUNG
Staff Writer

It's martini time. Burp.

One of the hippest, grooviest and tasty scenes to surface (or resurface) is the lounge/cocktail scene.

Ever since The Mike Flowers Pops had a Top 5 single in the United Kingdom with a cocktail version of Oasis' song *Wonderwall*, lounge music has been creeping into the mainstream.

Leisure is here, it's alive, and it's being welcomed into our pre-millennium society.

BMG Canada is the first major label to embrace this cocktail phenomenon with the release of **Cocktail: Shakin' and Stirred**.

It's a Canadian-produced, written and arranged recording on a new Canadian record label called Leisure Lab.

The brainchild of this project is Jaymz Bee, former leader of the Look People and music director of Ralph Benmurgui's CBC late night variety show.

The CD contains 11 cover versions of some of Canada's most popular songs.

Who would have thought to do a cheezed-out version of Rush's *Closer to the Heart*, Men Without Hats' *Safety Dance* or Alanis Morissette's *You Oughta Know*? Well, Jaymz did.

The CD also comes with four handy martini recipes to get your cocktail party in full-swing. After all, the making of this disc was co-sponsored by none other than Smirnoff's Vodka.

Cocktail: Shakin' and Stirred gets four out of five olives in this review. It did get five out five olives, but one's in my martini glass. Burp.

Jude portrays pain, truth

By ADAM KIESWETTER
Staff Writer

The trouble with Jude, the hero of Michael Winterbottom's *Jude*, (1996), is that he's just too real a character. The Brock University Film Society (BUFS) showed this film on Jan. 19.

The story takes place near the end of the 1800s. As a young lad in a muddy little English village, Jude is inspired by his teacher to aspire to academic grandeur at university. "Because," says his instructor, "there's absolutely no limit to what you can do there. You can do anything in the world."

Jude works hard. All his young life he lives as a hermit, rising early to study by the first light of every new day and seeking seclusion from the world in order to pursue his only love: his lust for learning.

However, like most men, his lust for knowledge is soon overcome by a more common craving. As satisfying as it may be to see him, this unlikely lover habitually foresakes the passions of most men—out in the barn, rolling in the hay with a lusty, dark-haired beauty. There's a sickly comparison as the camera pans back from the scene of Jude's first rapturous romp to show the *other animals* in the barn. All of us are animals and Jude is no different. Throughout the story, both his sensitive craving for affection and his hunger for sex create havoc in his life. Ultimately these passions quash any hope of his dreams ever being fulfilled.

Later, he falls in love with his own cousin, Sue. He knows it's wrong, but whether it be love or biting lust, the concept of sheer animal *want* stands indomitable in the face of reason.

His eventual rejection from Christminster University dashes his dreams of becoming a recognized scholar, yet his indifference to what society deems as forbidden is what ultimately leads to his desperate and desolate undoing.

A film like *Jude* leaves the audience with wide, wet eyes because the film itself is disturbingly authentic. There is disappointment after disappointment, failure after failure. Why this story is so frustrating, and why it's so true, is that these trials and tribulations subtly plaguing Jude's life aren't farfetched. They do come to pass.

It's satisfying because it hurts. There is no fairy tale ending, so true film buffs can find some solace in the film's artistic intent. Mainstream audiences won't be appeased, for the ending of *Jude* doesn't gratify anyone. The audience is left frustrated and itching for resolution.

It hurts to see Jude fall prey to his own desires. It stings because the message is unforgiving. We can't fight what we are anymore than Jude could have prevented becoming the victim of his irrational wants.

A striking film, *Jude* is a perfect portrait of what it means to be human: divine souls forever rooted by the weight of selfish human appetite.

Instigating laughter at the pub

By JEFF GARRETT
Staff Writer

About 70 people welcomed the new year of comedy at After Hours on Jan. 15.

Terry McGurrin, 28, of Ottawa, was the instigator of laughs.

McGurrin has been in the comedy business for 10 years. He toured with a self-formed group called the Kamikazees.

"It was a path that seemed to be created for me, so I followed it."

McGurrin first started his comedy career when he formed a team in high school and competed at the Canadian Improv Games.

"I don't know if I'll always be in comedy, but I'll always be associated with the entertainment industry."

McGurrin said he hopes to expand his horizons to television.

"I think every comic hopes to get to television and beyond."

Jan. 15 wasn't McGurrin's first performance at Niagara College. He performed about three years ago with his comedy troupe.

McGurrin's approach to comedy is a bit unorthodox. He mixes music with comedy, a combination he said is "successful with the audience."

"I've written several comedic songs and I like playing them. I think anything that allows you to stand out from other comics is a bonus.

"It's a great job. You get paid to see a wonderful country and meet great people."

Larry Horowitz, of Port Credit, was the second performer of the night.

Horowitz was also a returning performer to Niagara College. He performed at After Hours about eight months ago.

"It was kind of a tough show, but I managed to punch a big hole through the disinterest and succeed."

Horowitz did his first performance on CITYTV 23 years ago.

"I got into comedy because of lack of options. I studied theatre at York University. I was with a lot of different theatre companies."

The 42-year-old comedian said that with comedy "you're your own director and producer as opposed to theatre."

Horowitz is one of the "founding members" of Yuk Yuk's. He conducts seminars for new comics on how to cope with stress.

"I do about 150 comedy acts per year. I also act once in a while and write for Canadian television projects.

"There's a lot of different jobs I've done, but I've never enjoyed any job like this. Anyone would be dumb to give up a job they love so much."

Terry McGurrin, of Ottawa, was the opening comedian at After Hours on Jan.15.

Photo by Jeff Garrett

Stars come out Feb. 26

By JENNIFER ELLIOTT
Staff Writer

It's that time of year again. The Grammys.

It's the night when the stars shock and surprise the viewers with their weird, wonderful and wacky wardrobes.

The night when "stars" are determined to be "stars" and the night to see which band or which singer is the most drunk while giving an acceptance speech.

The Smashing Pumpkins are nominated in seven different categories, including Album of the Year for **Melon Collie and the Infinite Sadness.**

My personal favorite, Beck, received three nominations, also including Album of the Year for **Odelay**.

Outdoing the Pumpkins and Beck for nominations was Babyface with 12.

Up for the best Alternative Music Performance award are Tori Amos, Beck, Tracy Bonham, R.E.M., and of course, the Pumpkins.

Nominees for best New Artist are Rimes, the Tony Rich Project, Jewel, Garbage and No Doubt, no doubt!

The 39th annual Grammy Awards will be held at Madison Square Gardens in New York City on Feb. 26, and will be televised live.

Suede's latest disappoints

By DERRICK VANDER-LELY
Staff Writer

After a few minor lineup changes, Suede is back with a new album called **Coming Up**.

With a new guitarist and keyboardist in hand, Suede sets out to show why it is one of the top British bands.

The first single from the new album is called *trash* and it's classic Suede. Lyrically, lead singer Brett Anderson really paints an interesting picture with this song.

The songs *lazy* and *beautiful ones* are also excellent and help showcase what Suede does best — write interesting songs with poppy choruses. But it is the slow, emotional *picnic by the motorway* that is easily the best song on **Coming Up**.

Aside from that, the rest of the album is OK, but doesn't quite measure up to what Suede has done in the past.

This is Suede's third album following one of its more successful albums **Dog Man Staemotionalr**.

Unfortunately, **Coming Up** is a little over-produced, which takes away from the musicianship and rawness that Suede is famous for.

I would recommend this album because of a handful of songs that really stand out, but my higher recommendation goes to Suede's self-titled debut, which, unlike **Coming Up**, is an excellent album, from beginning to end.

Snowshoeing more than just snow, it's fun

By ADAM KIESWETTER
Staff Writer

Who would have thought that snowshoes could arouse so much excitement.

"Oh they're awesome. They're light, a lot smaller, just incredible," says Tom Green, of St. Catharines, after a couple of quick trial stomps through the snow.

Just past the icy ides of January, with temperatures as low as —60 C around some parts of the province, you would think tramping through the bush would be the last thing on people's minds.

Yet, in the corner of the upper parking lot at the entrance to Short Hills Provincial Park, off Pelham Road near St. Catharines, there's a busy little gathering of hard core wintertime enthusiasts, sampling the various snowshoes and stamping off down a pine-wooded path.

"It's the ideal way to enjoy winter," says Brad Bingham, 41, owner of Outdoors Oriented, a sports and outdoor recreation store in St. Catharines.

Andrea Covelli, and Lori Scotchko of the St. Paul's Outdoor Club snowshoeing through the bush at Short Hills Provincial Park.
Photo by Adam Kieswetter

'It's the ideal way to enjoy the winter' -Bingham

A snowshoe demonstration was held Jan. 18 and besides the prospect of making sales, Bingham says he's just happy to be contributing to a "sense of community spirit," by getting people out and enjoying the natural environment.

He has a Coleman stove set up in the registration tent bubbling up a pot of hot apple cider as they sign up and pay the $5 fee. Patrons are told all the money collected will be donated to the Friends of Short Hills, an environmental protection group aiming at restoring the Short Hills park.

"This gives people an opportunity to give snowshoeing a try," says Bingham. "It's a great venue to inform people about the Friends of Short Hills."

Bingham has lived in St. Catharines for 14 years. He opened Outdoors Oriented 2 1/2 years ago and certainly has the experience needed to advise any would-be campers or outdoor adventurers, being an avid camper and outdoor hobbyist for more than 20 years.

"I grew up enjoying the outdoors as a kid. I did a lot with my dad. We used to go up north every summer."

Although it may be surprising to some, the snowshoe has come a long way since the days of "just grabbing the cat and stringing him over some sticks," as one burly patron humorously reminisces.

"It's a lot of fun," says Bingham. "It's really taking off in some areas, like in the snowbelts further north. It's great for getting out to do some winter camping.

"The age of technology isn't just limited to computers. Snowshoes have sort of been in their infancy for a long time. The new lightweight shoes are a real improvement. They're not only much lighter now, but much more comfortable and not so clumsy. They've changed a lot over the years. There's a whole new era of snowshoes and it's appealing to people."

The face of outdoor recreation has been bounding with improvements, says Bingham, adding enjoying the natural environment doesn't necessarily mean "roughing it" anymore.

You don't have to carry as much equipment anymore and what you do bring is all much more lightweight than it used to be.

Bingham's store is hardly just a store. "We really encourage people to get out there and try these things (the different products and events)," he says.

Throughout the year he plans out wilderness excursions and outdoor activities for anyone who's interested and keeps his customers informed by a monthly newsletter.

Outdoors Oriented has a cross-country skiing trip scheduled for Feb. 9 and is offering an indoor kayaking course at Brock University in St. Catharines near the end of February.

For the more adventurous types, Bingham has a "more involved" winter camping course at Algonquin Provincial Park planned for March 1 and 2. Those who enrol will learn about survival techniques such as wilderness shelter construction and deciphering animal tracks.

Outdoors Oriented is at Ridley Square Plaza, off 4th Avenue and Martindale Road in St. Catharines. For more information about the store or other events, call 688-0160.

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THE SPORTS CORNER

Lady Knights work on their press break

By RANDY SYER
Staff Writer

Niagara College's women's basketball team was outmatched 75-38 by visiting Humber College of Etobicoke on Jan. 17.

Stephanie Lawson, who was Niagara's player of the game, led the scoring with 14 points, while all-star Manie Roy chipped in 13 points.

Assistant coach Tara Petrachenko said she was impressed with how Niagara dealt with Humber's full court press.

"We knew Humber was going to press us," said Petrachenko. "So we really worked on our press break, to break it."

The Knights struggled scoring only 21 points in the first half and a dismal 17 points in the second half.

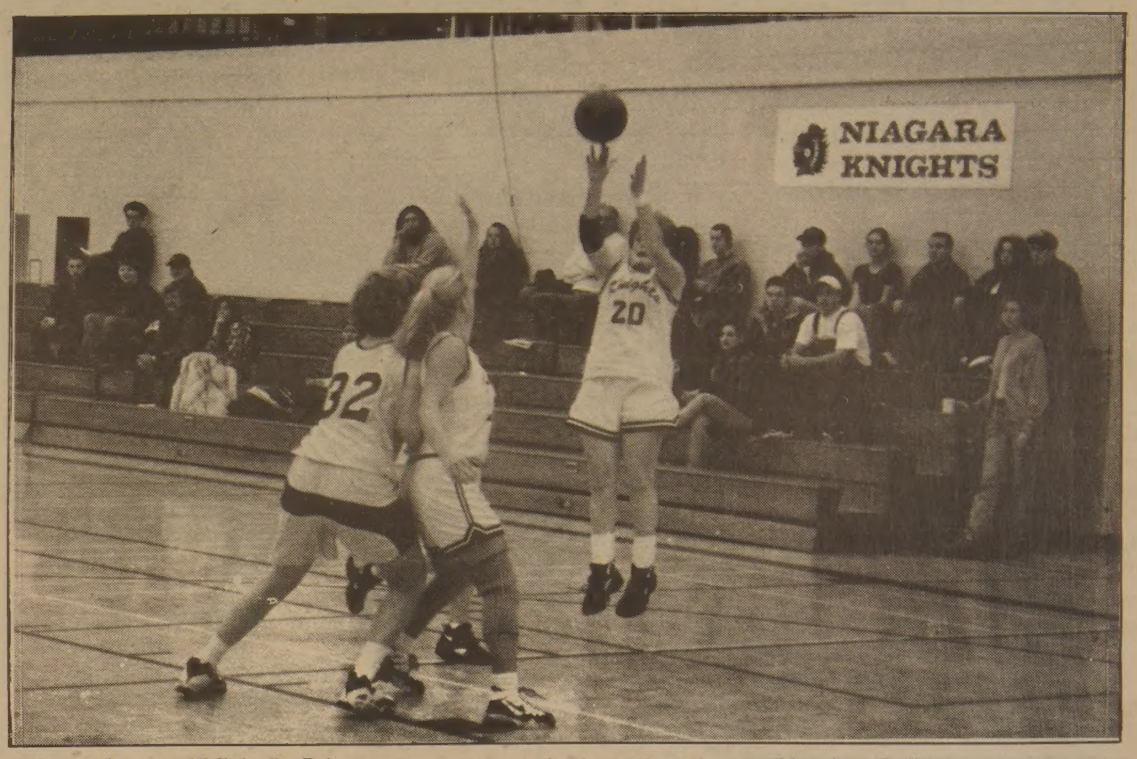
"Our shots were shy in the first half. If we would've hit a few more it would've been a closer game.

"I think the girls try to look at it in a positive way," said Petrachenko. "We did play excellent in the first half and you have to look at (that) rather than looking at the point spread at the end."

Petrachenko said Humber is a top undefeated team and that Niagara has to concentrate on games versus Mohawk College, of Hamilton, and Durham College, of Oshawa, for the playoff run.

"I think we just ran out of gas. We don't have the depth like the other team does. We just ran out of gas at the end."

Niagara's next game at home is versus Mohawk College on Jan. 24. The game will start at 6 p.m.



Niagara's guard Michelle Pring scores a rare point in a 75-38 loss to Humber College.
Photo by Randy Syer

Athletes are honored

By RANDY SYER
Staff Writer

Niagara College athletes were honored at the annual volleyball all-star game at Hamilton's Mohawk College on Jan. 18.

Laura Chatterton and Pat Deschambeault are two of the top six players in Ontario.

Chatterton, Niagara's women's volleyball team captain, was the lone representative for Niagara. The starting power is sixth in the Western Region averaging 3.1 points per game (ppg).

Deschambeault was one of two Niagara men to attend the event, the other being Paul Clark. Deschambeault, Niagara's captain, is third in the league scoring with 3.8 ppg.

Catch Chatterton and the women's volleyball team in action on Feb. 8 at Niagara. Game time is 2 p.m.

Deschambeault and the Niagara men will be playing here on Jan. 31 at 6 p.m.

Niagara outscores Cambrian

By RANDY SYER
Staff Writer

Niagara College's men's volleyball team lost their second straight game of the season.

In the game at home, Niagara lost to Cambrian College of Sudbury (9-15, 15-2, 15-4, 15-7) on Jan. 17.

Blair Cudmore, Niagara's head coach, said at the game's outset Niagara "was prepared" and got off to a good start but "we had a few mental breakdowns and the whole team choked."

"We are lacking the leadership that is needed to win a provincial title," said Cudmore. "And we'll have to find it within our team in order to win at provincials."

Leading the way for Niagara was Pat Deschambeault who scored 25 points. Paul Clark and Shawn Reimer each chipped in 16 points.

Cudmore said the game against Cambrian didn't hurt Niagara's confidence as much as the game versus Etobicoke's Humber College.

"The confidence is building. It's good to see a little frustration out there. That's good because we don't have frustration," said Cudmore, who saw his team give up a 9-2 lead in the second match.

"We just have a bunch of guys who are trying to play volleyball. It's a game of emotions and frustration has to be part of that."

Offensively, Niagara outscored Cambrian 86-77 but still lost three matches to one.

"This was an important game for those guys to build some confidence and start with an excellent start. To have such a letdown it's just characteristic of the team that showed up to play Humber."

The all-star coach said Niagara will have to find ways through its slump and added he may have to make cuts to players who aren't contributing "emotional(ly)" or find the right combinations on the floor.

"We're just trying to play through rotations and build confidence. We'll scrimmage quite a bit and normally it isn't part of our practice at all. We need more game situations in order to build confidence."

Niagara's next home game will be against Georgian College of Barrie on Jan. 31 at 8 p.m.

Unanimously accepted

By ADAM KIESWETTER
Staff Writer

Joe Habib is the new vice-president of athletics for Niagara College's Student Administrative Council (SAC).

Habib, 22, a Law and Security Administration program graduate and second-year Correctional Worker program student, was unanimously accepted by SAC Jan. 14.

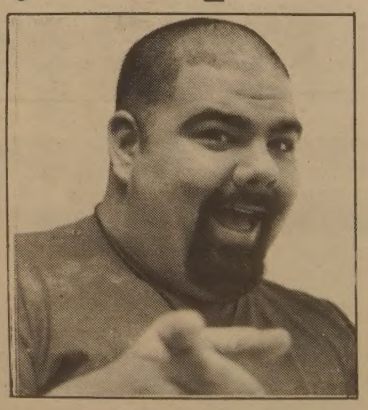
He replaces Kyle Anderson, 21, who resigned as vice-president athletics Jan. 6, citing a desire to concentrate on his academic studies.

No by-election was held. The SAC constitution states vacancies in the offices of the vice-presidents or student representatives will be filled by the runner-up of the past election.

In last March's SAC elections, Anderson got 70 votes, while Habib tied with then first-year Recreation Leadership program student David Shane Walton at 30 votes.

"I'm just happy to be here," says Habib, who lives in Welland.

A good attitude is part of what Habib wants to bring to student council, he says.



JOE HABIB

"I think there's been a lack of enthusiasm on the part of some people (on SAC) and I hope to bring that back to council, and hopefully that will help to raise school spirit."

He says he'll do his best to "create a fun, working atmosphere, and that hopefully, that feeling will be extended through what they (SAC) do."

Niagara College (in white) lost to Cambrian College of Sudbury on Jan. 17.
Photo by Randy Syer

Niagara Knights joust the Lambton Lions

By PENNI TONEGUZZO
Staff Writer

The weekend was good and bad for the Niagara College men's basketball team.

On Jan. 18, the Knights travelled to Sarnia and defeated Lambton College 114-71.

Mike Harris was the top scorer with 26 points. Mike Hurley added 21 points, Derek Flindall, 19, Pete Mosley and Mike Conradi, each had 12. Jeff Eden added 10 points, Stephen Dever, nine, Andy Medhurst, three, and Kofi Boateng added two points.

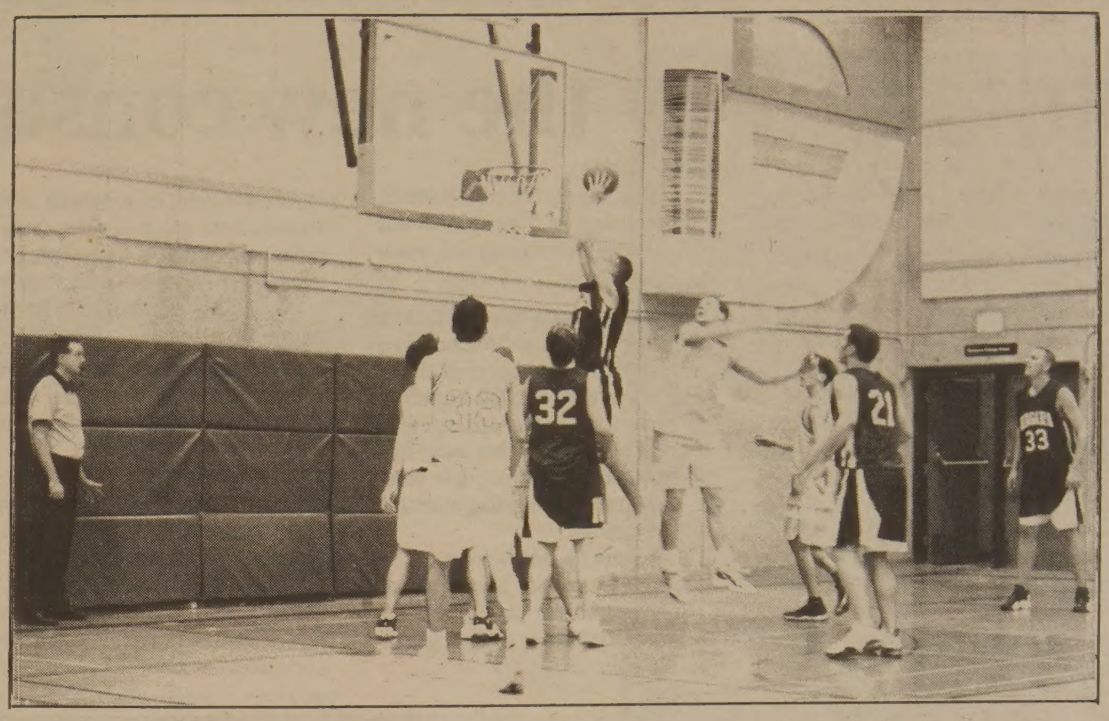
At half time, the Knights were ahead by nine points. By second half, Sarnia seemed to give up knowing that they were defeated before the game was over.

"I'm very, very happy," said Niagara head coach Randy Conlon. "It's like watching two different teams compared to last night (see later in story)."

Niagara hussled, rebounded well, and stole the ball from Sarnia more than 15 times.

"Our defence was better. We did a great job," the coach said.

Hurley made four, three-pointers, and Harris helped by stealing the ball from Sarnia.



Derek Flindall, of the Niagara Knights, prepares for his dunk against Lambton College.
Photo by Penni Toneguzzo

"Harris played a great game," said Conlon. "It's nice to bounce back with a convincing win."

The game was more successful than the game the night before against St. Clair College in Windsor. Niagara lost 97-64.

The Knights were strong with rebounds and intense with lay-ups, but Conlon said he knew his players could do better.

"It's tough going into someone else's gym, but the guys have to listen to me. They don't trust me or each other," he said.

By halftime, the Knights were down by 22 points.

The Windsor referees seemed to effect Niagara. Stephen Dever and Pete Mosley were called for technical fouls. There were 23 fouls called against Niagara.

In the second half, Mike Hurley and Andy Medhurst shot a three-pointer bringing Niagara closer, but it wasn't enough.

"The guys were physically good, but mentally not in the game," said Conlon.

'Our defence was better. We did a great job.' - Conlon

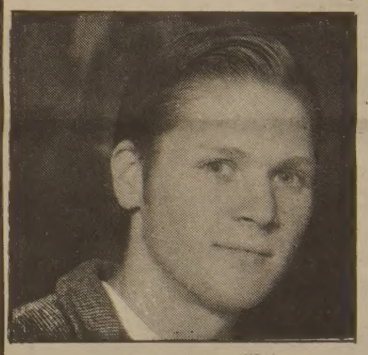
Dever was the top scorer with 14 points. Conradi and Harris added 12 points each. Hurley had seven points, while Medhurst and Eden had six, Jerry Ferguson, three, and Jason Smith two points.

"Conradi played a good game," said Conlon. "The other team deserved the win."

Niagara's record is one and four. The team's next home game is tonight at 8 p.m. against Mohawk College, of Hamilton, Ont.

Mike Conradi, of the Niagara Knights, flies towards the basket, while the Lambton Lions watch in awe.
Photo by Penni Toneguzzo

NHL expanding



By RANDY SYER
Staff Writer

Expansion!

Great another two cities from somewhere in the United States that know nothing about hockey. Hockey fans, welcome to a new and confusing National Hockey League (NHL).

This past weekend, at the annual NHL all-star game, the high rollers of the NHL, the commissioner and general managers of the league, have been discussing the problems in the NHL.

No, not the problems the true hockey fan would address such as more old time hockey. The issue is one that would make a hockey fan begin to watch dart competitions.

The issue is expansion and the league has announced it will expand into two new cities in the 1998 season. Commissioner Gary Bettman has accepted bids from seven U.S. cities and only one from Canada (Hamilton).

My questions are simple: why and where is all the talent coming from?

The NHL has expanded three times since Bettman has been in office. Expansion has been successful in ticket sales, but the product on the ice is terrible. It makes you wonder what goes on during the game while this minor league hockey is being played.

Sure, Florida is the only team with a winning record; they have been relatively successful making it to the Stanley Cup finals in their second season. You also have to take into account that Florida is based in Miami. Hey, isn't Miami the most likely city to which Canadians to retire.

The lack of playing talent in the NHL is the biggest problem.

It's good the NHL is trying to make hockey a worldwide game but expansion isn't the solution. If the NHL continues to expand, the day will come when Reggie Dunlop starts for Nashville Line Dancers.

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WILDLIFE

Take a flutter on by the new conservatory

By OWEN BAGGOTT
Staff Writer

People seeking to escape the cold winter weather can find relief within the Niagara Region.

Unfortunately most people cannot pack up and leave the country just because it is cold. They must explore other options like visiting the closest thing to a tropical rainforest to be found in the Niagara region in January — the recently opened Niagara Parks Butterfly Conservatory.

The conservatory is located on the grounds of the Niagara Parks Botanical Gardens, 9 km north of the falls on the scenic Niagara Parkway.

Passing through the door to the butterfly pavillion is entering a different world. The conservatory is a 1,022-square metre rainforest, with thick flowering vegetation and a fine mist spraying from tiny nozzles creating the ideal environment for butterflies, 26.6 degrees Celsius and 70 per cent humidity.

The conservatory is a building unlike anything in the world. Not many people have ever visited a butterfly conservatory. It is this sensation of seeing something new that creates the buzz of child-like excitement amongst the visitors of all ages.

After entering the glass-domed building the visitors enter a lobby with a gift shop to the left and educational displays to the right.

The displays include a microscope allowing visitors to look at prepared slides of butterflies, a display on gardening to attract butterflies, a map of Monarch migration, interactive butterfly trivia stations, and a display on butterfly conservation.

The displays are interesting, but most visitors seemed to ignore them. People are immediately drawn to the large window giving a glimpse of the conservatory's greenery and waterfall.

"You'll want to take your coats off — it's about 85 degrees in there," said the ticket taker motioning towards the provided coat racks. "There's a movie for you to watch before going in," he added not expecting anyone to stop and watch the whole thing.

Immediately on entering the conservatory's main section hundreds of butterflies can be seen in the air. There are about 2,000 butterflies of up to 50 different species. Butterflies flutter inches away from visitors, and opportunities to closely view resting or feeding butterflies are numerous.

Excitement can be seen in the faces of visitors as they see more butterflies in the course of a few minutes than many people see in a lifetime.

As I was carrying a camera other visitors were quick to point things out to me. "There's a good picture over here," said an older woman pointing out a huge butterfly spread out on the ground.

"Did you see the iguana in the tree?" asked another woman who seemed excited about and proud of her discovery.

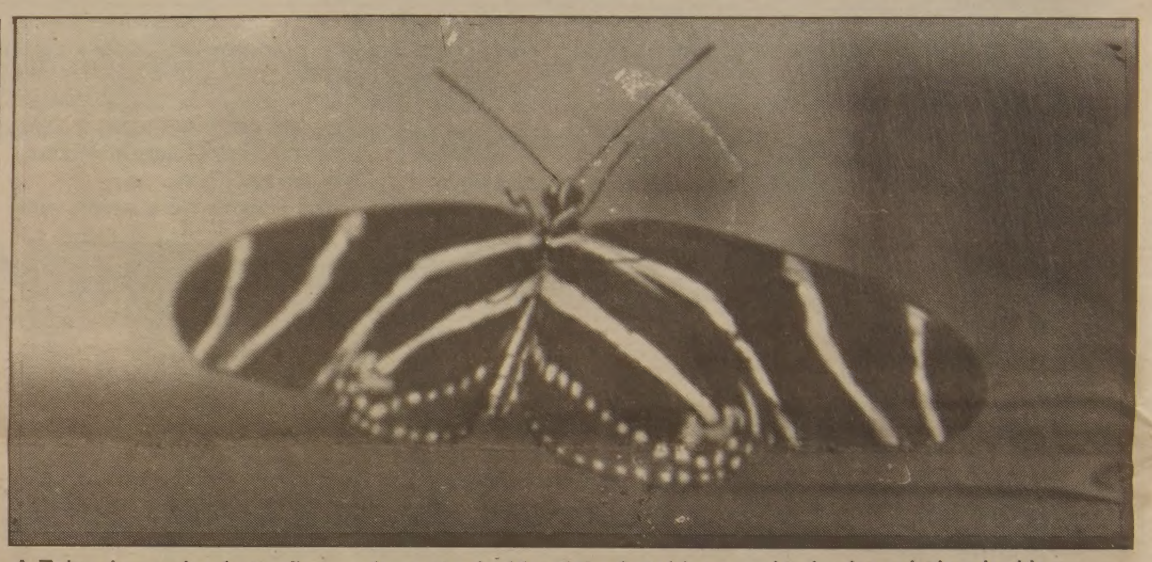
A few minutes later a family watched a freshly hatched butterfly take its first flight from the conservatory's hatching area.

"It's going to fly out, it flew out," yelled a little boy to his mother, father, and sister with the same excitement evidenced on the faces of all of the visitors.

The gift shop sells, among other things, seeds for plants that attract butterflies so visitors can plant their own butterfly gardens.

As I was leaving, I was already planning on coming back. Just seeing people get excited about seeing insects is reason enough to return. Visiting a tropical paradise reminded me spring is just a few short months away.

The conservatory is open from 9 a.m. to 5 p.m., with the last admission tickets being sold at 4:30 p.m. Admission is $6 for adults, $3 for children ages 6 to 12 and free for children under 6.



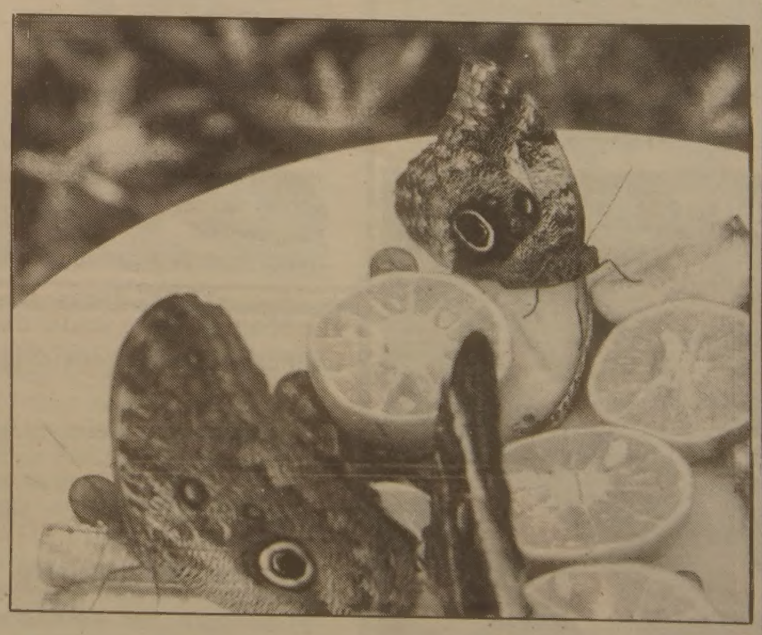
A Zebra Longwing butterfly crawls on the inside of the hatching area's viewing window looking for its way out.

Photo by Owen Baggott

A butterfly crawls in the dirt.

Photo by Owen Baggott

NIAGARA PARKS BUTTERFLY CONSERVATORY



Magnificent Owl butterflies feast on a variety of fruits.

Photo by Owen Baggott

A butterfly hangs out on the wall.

Photo by Owen Baggott

January is Alzheimer Awareness Month

Alzheimer SOCIETY OF NIAGARA REGION

203 Ontario Street, St. Catharines
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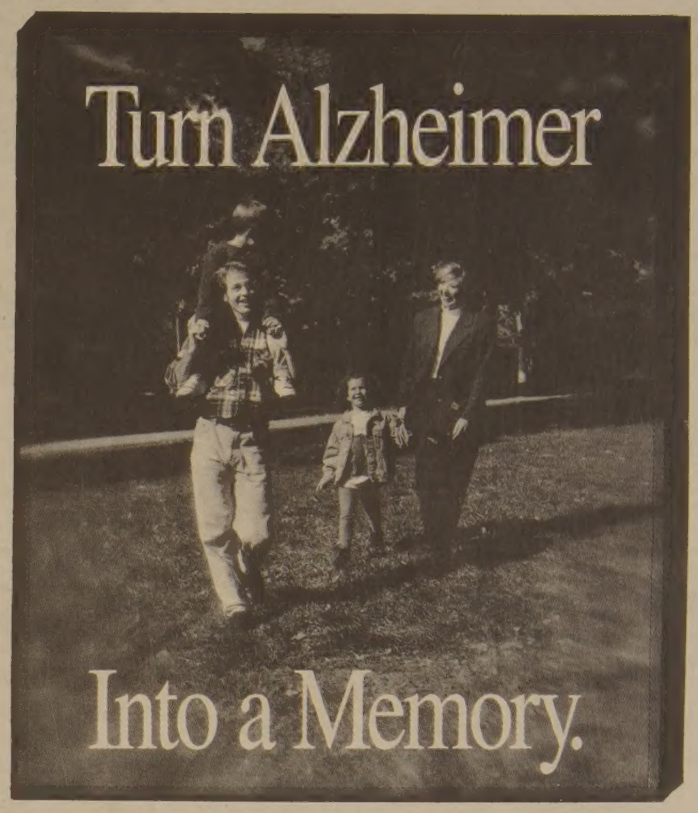

Alzheimer Disease

Alzheimer Disease is a disorder of the brain causing loss of memory and serious mental deterioration over a period of two to twenty years. It is estimated that this disease affects 300,000 middle-aged and older Canadians. At present there is no known cause or cure.

Alzheimer Disease is not a normal part of aging; it is a progressive, degenerative illness. It is not a psychological or emotional disorder.

Symptoms

At first the person with Alzheimer Disease exhibits only minor and almost imperceptible symptoms that are often attributed to other problems or illnesses.

Recent memory, concentration, judgement, and reasoning will be impaired. There may be changes in personality, mood, and behaviour. Altered perceptual abilities and loss of co-ordination may result in changes in gait with slow, shuffling steps and stooped posture, inability to perform daily tasks, rigidity, problems with balance.

Progressive difficulty in communication may result in continuous repetition of words, gesture, or questions; the person may use the wrong words or lose track of thought in mid-sentence.

Dressing and selecting appropriate clothing may become problems; the person may refuse to perform normal hygienic practices such as bathing, oral hygiene, shaving, and grooming. Altered tolerance to stress and adverse reactions to medications may develop; there may be an increased susceptibility to accidents and infections. In later stages, the person may become bladder and bowel incontinent.

Concealed Memory Loss

Alzheimer patients can become skilled at hiding their declining abilities and forgetfulness. Coping mechanisms develop to conceal the impairment; anger, paranoia, and withdrawal from friends and family may result. This is very distressing for everyone. Family members and professionals may help the patient by showing them how to remain as independent as possible.

Diagnosis

It is important for persons with these symptoms to be diagnosed by a family physician and then by a neurologist. Curable illnesses may be mistaken for Alzheimer Disease.

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Apple is sweet

By KERI-LYNN SMITH
Staff Writer

Fiona Apple's sophisticated CD, **Tidal**, doesn't betray her youth. The 19-year-old's debut 10-song compilation has lusty sounds, similar to Holly Cole and Sade. Apple's sultry voice is distinct enough though to be remembered on its own merit.

She wrote all her own songs, and the words tell stories of a soul much older than 19. In *Slow Like Honey*, she sings, "I'll invade your demeanor and you'll yield to me like a scent in the breeze and you'll wonder what it is about me."

This CD is perfect for playing quietly on a chilly winter's evening as you snuggle up with your favorite person. It's easy on the ears, with Apple's piano accompaniment strong but not overpowering her smoldering voice.

The CD was enhanced with a free multimedia package. It includes a biography, photographs and a simple black and white video to the sexy song *Shadowboxer*.

In the biography, Apple is quoted as saying she named the CD **Tidal** because it "refers to ebbing and flowing, and that's what life is, a constant ebb and flow." Her voice flows like honey and will satisfy anyone's sweet tooth.

★★★★★★★★★★★★★★★★★★★★

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Children under 12 are $1 and Teens, Adults and Seniors are $1.50. For more information **call 732-1414.**

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Local Eatery is looking for persons interested in performing Friday and Saturday evenings before a dining crowd.
Easy listening music with a quality repertoire is essential. The ability to take requests and develop a working rapport with customers will be necessary.
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NIAGARA NEWS
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Feb. 7/97
Feb. 14/97
Feb. 21/97
Feb. 28/97
March 21/97
April 4/97
April 18/97

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Paul Smith
"RUFF AND TUMBLE STAND UP FROM NIAGARA FALLS"
Wed. Feb. 5th
Kelly Dixon
"LIVE FROM NEW YORK"
Chris Quigley
"REAL LIVE WEIRDO"

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THE LIGHTER SIDE

THE DAILY GRINDER
Man, I'm sick of being a crappy student. I'm gonna start working. Man, I'm going to class now.
10 minutes later
Back so soon.
I think I'll have to ease into this being a good student stuff.
Beer-buzz wore off?
Ya.
Owen 96

Take comfort, you are being missed too Aries

By KERI-LYNN SMITH and PENNI TONEGUZZO
Staff Writers

Here are your horoscopes for the weekend of Jan. 24.

Capricorn (Dec. 22-Jan. 19)

A family member, who may not express feelings well, cares more than you might think. Actions speak louder than words. Lucky numbers: 11, 24.

Aquarius (Jan. 20-Feb. 18)

Why not warm up the cold nights with your special someone? You don't have to go out to have fun. Lucky numbers: 23, 52.

Pisces (Feb. 19-March 20)

Don't let your sometimes low self-esteem get in the way of your reasoning. Trust goes a long way. Lucky numbers: 9, 64.

Aries (March 21-April 19)

You aren't the only one who is lonely. Take comfort in knowing you're being missed too. Lucky numbers: 17, 70.

Taurus (April 20-May 20)

You're doing a really good job of controlling your temper these days. Don't you feel better? Lucky numbers: 3, 45.

Gemini (May 21-June 21)

To confide in someone who cares

can ease your pressure. What are friends for? Lucky numbers: 7, 18.

Cancer (June 22-July 22)

The stress in your life seems to be causing an emotional breakdown. Take a break from everyday life. Go out and have fun. Lucky numbers: 32, 63

Leo (July 23-Aug. 22)

You seem to be in a crisis. Stand your ground and hold your head up high. Your fine morals will help you out. Lucky numbers: 18, 56

Virgo (Aug. 23-Sept. 22)

Love seems to be entering your future. Be wise when making decisions about love, for it may change your life. Lucky numbers: 6, 34

Libra (Sept. 23-Oct. 22)

A call from an old friend will surprise you. Listen carefully because your iriend needs your help in some way. Lucky numbers: 29, 74

Scorpio (Oct. 23-Nov. 21)

The sun and moon will clash together on the following night. Your wild side will come out from the dark side. Be wise. Lucky numbers: 5, 43

Sagittarius (Nov. 22-Dec. 21)

Your ego seems to be getting the best of you. Your friendships are folding because of it. Jeopardizing your friendships is not wise. Lucky numbers: 7, 81s

Fun activities during the cold winter months

H	J	X	K	B	Z	G	T	U	O	D	B	V	S	P	A	L	L	V	J	N	G
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By PENNI TONEGUZZO
Staff Writer

CROSS COUNTRY SKIING
DOWNHILL SKIING
HIKING
HOCKEY
HUNTING
ICE FISHING
ICE MOTORCYCLING
MOUNTAIN CLIMBING
POLAR BEAR JUMP
SKATING
SLEIGH RIDE
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A breathtaking view of the Grand Canyon

By JANICE POOLE
Staff Writer

Exquisite, enduring and breathtaking.

Northern Arizona provides unparalleled and untainted sights, and it contains one of the world's seven wonders.

At 190 miles long and one mile deep, the Grand Canyon covers 1,900 square miles.

Located one and a half miles below the South Rim, the 1,800-mile long Colorado River flows west through the canyon, bends south and empties into the Gulf of California in Mexico.

The river, which flows at four miles an hour, averages 300 feet in width and is 100-feet deep.

The Grand Canyon houses 70 species of mammals, 250 species of birds, 25 species of reptiles and five species of amphibians.

Five different Native tribes occupy the region: Hopi, Navajo, Havasupai, Paiute and Haulapai.

"During the summer there are nearly five million visitors," said Chris Robertson, an employee of the Arizona Office of Tourism. "The 900 rooms available in the canyon are booked up to 23 months in advance."

There are many ways to experience the splendor of the canyon.

Perhaps the most spectacular view comes from above. In 1995, more than 800,000 people surveyed the canyon by air.

There are 10 air tour firms offering helicopter or airplane rides.

The oldest, Grand Canyon Airlines, was established in 1926.

Highlights of its Grand Discovery air-tour include the wild, remote North Rim wilderness, the magnificent Vermilion Cliffs and the treacherous Crystal Rapids.

This narrated, 50-minute tour costs $60 (U.S.) for adults and $35 for children. Of the 10 air-tour companies, Grand Canyon Airlines offers the lowest rates.

If you fancy the water, Arizona River Runners, Inc. offers a three, six or eight-day camping and white-water rafting package.

Many visitors explore the canyon via mules. The Grand Canyon National Park Service offers a one-day trip to Plateau Point, an overnight trip to Phantom Ranch and a seasonally offered, three-day trip to Phantom Ranch.

Alternatives for the more rugged include camping, backpacking and hiking. Permits are required for any stay in the park over 24 hours and can be obtained by mail, in person or through the park rangers.

"In the off season, we have 50 to 75 rangers here but during peak season, it's more like 100 to 150," said Robertson. "They do tours, patrol the area and keep an eye on things."

Maps and guided tours are available but extensive preparation is still necessary before venturing into the canyon.

Park rangers warn of heat exhaustion, heat stroke and hypothermia.

Before setting out, rangers advise increasing your calorie intake, packing plenty of water and allotting one-third of your time for going down into the canyon and two-thirds for coming back up.

There are a variety of walks and talks sponsored by the park service including a geology walk and a geological gems talk.

Daily lectures and films about the geological history of the canyon and the Colorado River are shown at the Yavapai Museum.

The Grand Canyon Village Visitor's Centre hosts programs that focus on endangered wildlife in the canyon and preservation of its historical and natural resources.

Most visitors get to the canyon by car. Each rim is accessible by automobile, although the entrance points are widespread.

"It's impossible to drive around the perimeter of the canyon because it stretches to Nevada State," said Robertson. "There isn't one road that goes around the entire canyon."

The distance to drive from the South Rim to the North Rim of the canyon is 215 miles and takes about five hours.

Entrance to the park is $10 for private vehicles and admission is valid for seven days.

The Grand Canyon can be enjoyed from many vantage points. A helicopter or airplane ride through the canyon is perhaps the most spectacular way to view this natural masterpiece.
Photo by Janice Poole

Speak out

By JHIM BURWELL
Staff Writer

Representatives of Niagara College's student body, faculty, support staff and administration met last week to draft a plan for the President's Advisory Forum.

"I'm not sure if it's going to be a great debate or not," said Dan Patterson, president of Niagara College. "It will depend on what issues are raised."

The President's Advisory Forum is set to replace the old College Council.

Lou DiMattio, of the college's Community and Learner Services, said she believes the council last met on May 17, 1995.

It will be an established venue for the discussion of college policy and practices with regular open meetings.

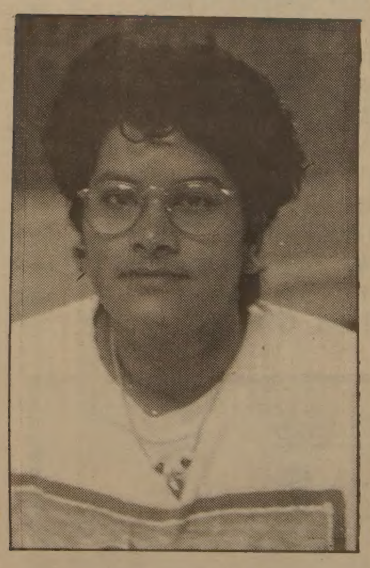
Patterson said it would be a "time and place for people to have their say and know they've been heard."

It will be a chance for the people who are affected by administrative decisions at the college to voice their opinions and for the administration to "plug into the issues and get feedback," said the president.

The name of the new discussion venue was chosen as a more inviting title. "Forum gives a sense of discussion, dialogue and debate. It has a more open feeling to it than council," said Patterson, adding he hopes this will lead to better understanding and interaction between the different bodies within the college.

"It is important for the president to get ongoing advice on what people like and what they don't."

Word on campus-How students are beating the winter blues



SITA EDWARDS
By HYOJEONG KIM and ROBERT HALLETT
Staff Writers

"Renting movies and taking the kids to the park," said Sita Edwards, 26, of Welland, a first-year Visual and Creative Arts program student.

DOUGLAS CAVERLY

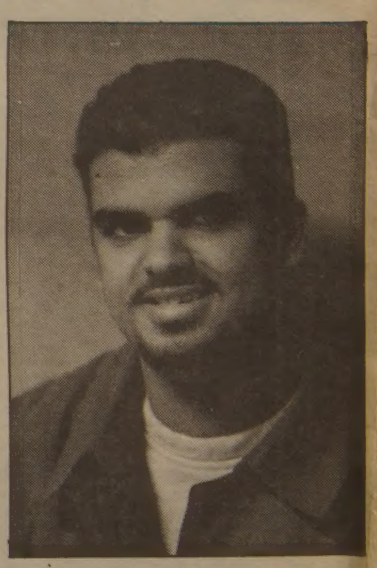
"Snuggling up with a person and/or kitty I care about, or improvising with a teddy bear," said Douglas Caverly, 23, of Welland, a second-year Child and Youth Worker program student.

MELISSA DOWNEY

"Spending time with my friends and talking to people on the phone," said Melissa Downey, 22, of Welland, a third-year Business Administration program student.

MINAKO YAMAGUCHI

"I cook some food, go out for dancing or do some sports with my friends," said Minako Yamaguchi, 20, of Japan, a first-year Journalism-Print program student.



NASSER AL-SANABANI

"I play cards and watch movies or go out for coffee. I also play indoor soccer every weekend with my friends," said Nasser Al-Sanabani, 20, of Yemen, a first-year Business Administration student.